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[SIXTH EDITION, 1920.]

# **HAWAIIAN Cook Book**

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**COMPILED BY THE  
WOMANS' SOCIETY  
OF  
CENTRAL UNION CHURCH**

**PUBLISHED BY  
PATTEN COMPANY, LTD., HONOLULU, T. H.**









# HAWAIIAN COOK BOOK

COMPILED BY THE

WOMANS' SOCIETY,

OF

*Honolulu.* CENTRAL UNION CHURCH.

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“Now good digestion wait on appetite  
And health on both.”

—*Macbeth III, IV*

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SIXTH EDITION

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HONOLULU STAR-BULLETIN, LTD.  
1920

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RECEIVED OF  
DR. WALTER H. BRENNER  
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## EXPLANATION

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**I**N this edition of the book it is aimed to feature cookery of Hawaiian food products.

Because there are now so many reliable cookbooks containing full lists of recipes, these are obviously omitted here, and for the same reason some recipes formerly contained here are eliminated.

Hearty acknowledgment is hereby made for the expert assistance of Mrs. James Russell, past-mistress in the knowledge and use of Hawaiian food products.



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# HAWAIIAN COOK BOOK

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## SOUPS

### STOCK FOR ALL KINDS OF SOUP.—Mrs. C. D. Miller.

Take a good sized shin of beef, cut every particle from the bone and cut up into inch pieces; cut or saw the bone into pieces as small as convenient and put the whole in a sauce pan, cover with cold water and set it aside in a cool place for half an hour, or even an hour. This will drain out much of the juice of the meat. The bones from roast beef, steak, etc., are good to add to the stock kettle. Set this on the stove and let it come to a boil, then remove to the back of the stove and keep it simmering all day if convenient, several hours at any rate. The next morning remove all the fat. This is a good stock for soups, hashes or stews. To make soup, take out the required quantity, add vegetables, macaroni, tomatoes, according to fancy. Pea flour soup is delicious made from this stock; onion is an improvement to the soup in moderate quantity. Whenever stock is taken out of the kettle or jar, add water and let it boil. Chicken bones, scraps of meat, mutton bones, can be added, but **never** any vegetables. It is well to heat the stock often to the boiling point. (This recipe comes from an excellent housekeeper who lives in the country, where fresh meat is only obtainable once a week. It is therefore thoroughly reliable.—Ed.)

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### POTATO SOUP.—Mrs. Parke.

Boil together six good sized potatoes and two onions in water to cover. Mash down together, add one large tablespoon of butter and season with salt, pepper and a little celery salt. Boil three pints of milk and add to the other ingredients. Mix thoroughly and strain through a fine strainer. Re-heat and

serve with crackers. Chopped parsley may be added just before serving.

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### **CLEAR SOUP.**—(Brown.)—Mrs. Parke.

Three pounds lean beef cut up in strips put with three quarts of cold water. Boil slowly, but steadily for two hours, keeping the soup-kettle covered. Slice 3 onions and fry in butter till of a light brown color. Put them into the soup-pot, also a small teaspoonful of cloves, half as much pepper, a little mace, pinch of allspice, teaspoonful essence of celery, or celery salt (use fresh celery also if it can be had), a little summer savory of sweet marjoram, tied together loosely in a cheese cloth, teaspoon Worcestershire sauce. Salt to taste. Continue to stew all these together for 3 hours more, or till the beef is cooked to pieces, then strain and serve.

---

### **TOMATO SOUP.**—Mrs. W. W. Hall.

One quart of canned tomatoes (or fresh tomatoes stewed), one tablespoonful of butter mixed with two tablespoonfuls of flour, one teaspoonful salt mixed with tomatoes, and boil the mixture. When this is hot, stir in, little by little, a teaspoonful of soda. This will cause violent effervescence. When the mixture is quiet add a quart of hot milk, strain and serve at once. It is well to put the tomatoes in a large container to allow for the action of the soda.

---

### **TOMATO BISQUE.**—Mrs. J. O. Carter.

One quart of tomatoes, 1 carrot and 1 onion stewed together till soft enough to rub through a colander, season with salt and pepper, 2 tablespoonfuls brown sugar, 1 of Worcestershire sauce, butter the size of an egg. Add about a quart of water and boil 20 minutes, thickening with flour.

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### **FRESH CORN SOUP.**—Mrs. Bray.

Cut, or grate carefully, the corn from one dozen ears. Put the cobs into a kettle with 1 quart of water and boil 20 minutes.



Remove the cobs and add to the water the corn and 1 quart of milk, and boil for 10 minutes. Remove from the fire, season with salt and pepper to taste; also a large piece of butter; stir in 2 well beaten eggs.

---

### WHITE SWISS SOUP.—Mrs. Bray.

A quart of mutton broth; when it boils add the following mixture: Two tablespoonfuls of flour mixed in a little water till smooth, a coffee-cup of milk, a small pinch of cayenne pepper, nutmeg, 1 beaten egg should be stirred in the soup until it boils up. Serve in a hot tureen immediately.

---

### SAGO SOUP.—Mrs. H. W. Schmidt.

Boil  $\frac{1}{2}$  cup of sago in about 2 quarts of water. A quarter of an hour before serving add  $\frac{1}{2}$  cup raisins, a few pieces stick cinnamon and sugar to taste. Just before serving add a cup of fruit syrup.

---

### MULLIGATAWNY SOUP.—(Indian receipt.)—

Mrs. F. W. Damon.

One fowl sliced, or rabbit, 4 onions, 6 cloves, 2 tablespoonfuls butter. When the butter is melted, and meat and onions browned, add 2 tablespoonfuls of curry paste, or 3 of fresh curry spices, and 1 teaspoon salt. Stew for 45 minutes, stirring occasionally, then add 3 pints of broth, and simmer for twenty minutes. Thicken before serving. Add lime juice at pleasure.

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### CREAM OF ONION SOUP.

Peel and slice one dozen small white onions, then fry to a light brown in one tablespoonful of butter, add two tablespoons of flour and one quart of boiling water, season to taste, and add one-half teaspoon of sugar, and a pinch of mace. Cook gently for half an hour, strain and add one pint of rich milk,

and one cupful of cream, and three hard boiled eggs chopped fine and serve at once.

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### CREAM OF CELERY SOUP.

Boil one cupful of rice in three pints of milk until cooked enough to pass through a seive. Grate four heads of Hawaiian celery and add to the rice and milk, season with salt, pepper and two tablespoons of butter, and boil gently until celery is tender.

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### GREEN PEA SOUP.

Wash one quart of peas, shell them, boil the pods in three pints of water with a little salt until soft. Rub through a seive. Stir the pulp into the water, in which the pods were boiled. Add one head of lettuce chopped fine and the peas. Boil together for thirty minutes. Melt two tablespoons of butter in another pan, stir in two tablespoons of flour, salt and pepper. Pour the other mixture on and stir till it thickens. Serve with small squares of toasted bread.

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### VEGETABLE SOUP.

Ten cents soup bone, 3 pints water, 10 cents soup vegetables, 2 tablespoons of salt,  $\frac{1}{2}$  cup Pearl barley, 1 lump of sugar.

Wash the soup bone and see there are no small splinters of bone to come loose. Put into the water, add the salt and boil up. Skim carefully and add the barley. Tilt the cover and turn fire low. Wash and cut up all the vegetables into neat dice. There should be in the bunch Hawaiian celery, parsley, green onions, two carrots and two turnips, two or three small tomatoes. Leave tomatoes till last, put others in a strainer and pour a little boiling water over them, and rinse under the tap. Add to the soup when it has been simmering for one hour. Cut up tomatoes, and add with one cube of sugar, cook 30 minutes and serve.

# HAWAIIAN FISH; HOW TO COOK THEM

Published by The Women's Committee of The Territorial Food Commission and Federal Food Administration, June, 1918.

## COMMONER VARIETIES

Name.	Method of Cooking.	In Market.
Aawa .....	Bake, chowder.....	All year
Ahi—Tuna (red meat).....	Bake, scallop, fish balls, dry	Mar. to Dec.
Aholehole .....	Broil .....	All year
Aku—Bonita—Snap- jack (red meat).....	Dry, fry, scallop, fish balls.....	All year
Akule .....	Dry .....	All year
Amaama—Mullet .....	Bake, boil, broil, fry, cook in ti leaves, chowder.....	All year
Awa .....	Chowder .....	All year
Awa-aua .....	Raw .....	All year
Aweoweo .....	Broil .....	All year
Ehu (red, with V tail).....	Broil, steam .....	All year
Hapuupuu .....	Bake, chowder, steaks, fry.....	All year
Hee—Squid .....	Dry, boil, curry.....	All year
Honu—Turtle .....	Steaks, breaded, fry.....	All year
Iheihe .....	Broil .....	June—Sept.
Kahala .....	Bake, fry, fish pudding, fish pie.....	All year
Kala .....	Boil, fry .....	All year
Kalikali .....	Bake, fry .....	All year
Kawakawa .....	Fry, raw .....	Rare
Kawelea .....	Bake, fry, fish pudding.....	All year
Kumu .....	Bake, boil, broil, steam, cook in ti-leaves .....	All year
Mahimahi .....	Chowder, fry in deep fat, scallop, fish jelly .....	All year
Manini .....	Fry whole; broil on coals.....	All year
Mano—Shark .....	Japanese cake.....	All year
Moano .....	Bake in ti-leaves, fry.....	All year
Moi .....	Bake in ti-leaves, boil, broil, chowder .....	Winter

Name.	Method of Cooking.	In Market.
Oio .....	Fish pudding, raw .....	All year
Omilu (Ulua family).....	Bake, boil, fry.....	All year
Ono .....	Bake, boil, chowder, steam, fry as steaks .....	All year
Oopu (Hinana is young Oopu).....	Cook in ti-leaves.....	Spring
Opakapaka .....	Bake, chowder, fry in deep fat.....	All year—best Dec., Jan., Feb.
Opelu(Mackerel, small).....	Dry, raw.....	All year
OpeluPalahu(Mackerel).....	Boil .....	All year
Papai .....	Boil .....	All year
Papiopio—small Ulua.....	Fry, whole, boil, chowder, cream, fish pudding.....	All year
Uhu .....	Raw, bake, bake in ti-leaves.....	All year
Uku .....	Bake, broil steak, chowder, steam .....	All year
Ulaula (Red Snapper with Y tail).....	Bake, boil, broil, chowder.....	All year
Ulua (Pa-u-u; medium size) .....	Bake, boil, chowder, fry, cut thin and fry in deep fat.....	Jan. to May
Ula (Lobster) .....	Boil, broil, steam.....	All year
Weke .....	Split open and broil, fry whole, bake in ti-leaves.....	All year
Salmon .....	Bake, fry .....	Rare
Sword Fish—A'u .....	Bake, fry .....	Rare

### LESS COMMON VARIETIES

Hahalalu .....	Broil .....	All year
Hilu .....	Broil .....	All year
Hinalea .....	Broil, chowder .....	All year
Humuhumu .....	Broil .....	All Year
Kaku .....	Bake, fry .....	All year
Kupoupou .....	Fry .....	All year
Kupipi .....	Broil .....	All year
Lauhau .....	Broil .....	All year
Lai .....	Broil .....	All year
Mamamo .....	Broil .....	All year

Name.	Method of Cooking.	In Market.
Mu .....	Boil .....	All year
Nenue .....	Boil .....	All year
Oama .....	Broil .....	All year
Palani .....	Boil .....	All year
Panuhunuhu .....	Bake in ti-leaves.....	All year
Pa-u-u .....	Fry .....	All year
Poopaa .....	Broil .....	All year
Pualu .....	Broil .....	All year
Puapalu .....	Broil .....	All year
Uu .....	Broil .....	All year

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### ABBREVIATIONS USED IN RECIPES.

c. equals cup.	pt. equals pint.
T. equals tablespoon.	qt. equals quart.
t. equals teaspoon.	lb. equals pound.

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### HAWAIIAN FISH.

Name—Description.	When in Market—Method of Cooking.
Ulua—silver gray.....	Jan., Feb. & Mar.—Boil and chowder.
Wiki—small red.....	—Fried whole.
Ehu—red, with U-tail...	July and August—Broiled.
Mahi—dark gray skin...	All year—Cut thin, egg and crumb, and fry.
Tuna—dark meat.....	March to Dec.—Scalloped and fish balls.
Pakapaka—silver gray,	All year—Fry in deep fat, and chowder.
Ulaula—red, with Y-tail large fish.....	All year—Baked with stuffing.
Kumu—red .....	All year—Wrap in buttered paper and steam.
Manini—silver, dark stripe around.....	All year—Fry whole.

## HOW TO COOK FISH

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### TO BAKE

Clean the fish, remove its eyes, slit open from the vent, and dry with a cloth. Mix thoroughly and place in the vent 1 c. soft bread crumbs, 2 T. melted butter substitute, 1 t. chopped parsley,  $\frac{1}{2}$  t. finely chopped lemon peel, salt and pepper. Sew up, pull fish in form of letter S, place in greased baking pan, and put a little grease on top. Bake 20 minutes to the pound in moderate oven, basting every 5 to 6 minutes. Place on hot dish, remove strings, and serve with brown gravy.

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### STUFFING FOR BAKED FISH.

Fry one T. of chopped onion in a T. of butter substitute. Add a c. or more of stale bread, which has been soaked in hot water, then pressed dry. Add a T. each of chopped parsley, suet, and celery,  $\frac{1}{4}$  T. of salt, and pepper. When it is well mixed, remove from the fire and add an egg.

To make a change in the above dressing, add a tomato and a large chili pepper.

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### TO BAKE.

Any white fish is delicious prepared in this way: Cut in two-inch squares; sprinkle a pan with flour, salt and pepper; lay the fish in this; sprinkle again with salt, pepper, a pinch of thyme, and one bay leaf. Pour over this 1 pt. stewed tomatoes, 1 sliced lemon, a few bits of butter substitute, and let cook in a hot oven 20 minutes.

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### TO BOIL.

Place in dish sufficient water to cover the fish entirely; also 1 T. salt and a slice of lemon 1 inch thick. When water boils,



drop in fish and cook, allowing 20 minutes for each pound, and if fish weighs 6 pounds or more, allowing an additional 20 minutes. When done, drain, and serve very hot with any good fish sauce.

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### TO BROIL.

Clean the fish and dry with a cloth. Rub with a piece of lemon, dot with butter substitute with salt and pepper, and broil quickly for 5 to 10 minutes. Then turn, dot with butter substitute, and repeat broiling until done.

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### TO FRY.

To Fry in Deep Fat: Clean the fish, remove skin and bones, and dry with a cloth. On a paper have ready mixture of 1 T. flour, 1 t. salt,  $\frac{1}{2}$  t. pepper. On another paper have some bread crumbs, and in a bowl a well-beaten egg. Dip fish first in flour, then in egg, then in bread crumbs. Have fat at least three inches deep in pan. When it smokes from the center, drop in the fish and fry until brown. Then remove quickly and dry on crumpled paper. Serve while hot. Fat may be used repeatedly if it is strained and not allowed to burn.

To Fry in Steaks: Cut fish into steaks; dry; dip into flour, salt and pepper, and place at once in pan containing 3 T. of oil. Fry slowly, and turn. Serve with sliced lemon and parsley.

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### TO STEAM.

Clean the fish and dry with a cloth. Cover with salt and pepper, and wrap up in a thick piece of paper oiled in the center as you would wrap up a parcel. Cook in a steamer, allowing 30 minutes to the pound. Remove paper, and serve on a hot dish with a separate sauce or gravy. If a steamer is not available, take an ordinary covered pan, and place in it an inverted fire-proof dish. See that depth of water is only half the height of dish, and proceed as with steamer.

## HAWAIIAN METHODS.

1. Thin skinned fish, such as Mullet and Moi, are cooked in ti-leaves (Lawalu fish).

2. Thick skinned, fish, such as Manini and Aweoweo, are broiled on the coals.

### Fish Chowder

2 lbs. fish	3 pts. fish stock
1 slice bacon or salt pork	1 pt. milk
2 onions	3 T. corn starch
2 sticks celery	Seasoning
4 potatoes	

Boil fish in 3 pts. water; remove skin and bones; cut in small pieces while hot. Slice bacon or pork, and fry with onion, being careful not to color; add sliced potatoes, chopped celery and stock, and boil until potatoes are soft, add fish, cornstarch, and milk. Serve hot.

### Fish Chowder

2 lbs. fish	6 barley crackers
½ lb. salt pork	Parsley
2 large onions	Seasoning
3 large potatoes	

Dice pork and fish; slice onions and potatoes; soak crackers in milk. Put in kettle successive layers of pork, fish, onions, seasoning, potatoes and crackers; cover with cold water, and stew gently 1½ hours.

1 fish (4-5 lbs.)	6 butter crackers
6 potatoes	1 T. butter substitute
2-inch cube fat pork or bacon	1 T. salt
2 small onions	½ t. pepper

Wash fish; remove bones, and cut off head. Cover bones and head with cold water, and boil. Cube potatoes to equal by measure quantity of fish, parboil five minutes, and pour off



water. Dice pork, slice onions, fry together in omelet pan, being careful not to burn, and strain liquid fat over potatoes, together with water (strained) in which bones were boiled. Add salt and pepper, and boil 10 to 12 minutes. Then add fish, let simmer for 10 minutes, add butter and hot milk, and just when serving, drop in broken crackers.

If a thicker broth is desired, add 1 c. of fine cracker crumbs, or 1 T. flour cooked in 1 T. butter substitute.

If a richer broth is desired, place in the tureen in which the chowder is to be turned, 2 eggs beaten in hot milk.

### **New England Fish Chowder**

Cover 2-lb. fish with hot water (not boiling). When cooked, lift out with skimmer, and remove skin and bones. In a saucepan cook 1 pt. of thinly sliced potatoes. At the same time fry about  $\frac{1}{4}$  lb. of chopped, fat salt pork. Add 1 large onion chopped, and fry in the pork for 10 minutes. Thicken with 1 T. flour. Add hot water to make a thick gravy, and let simmer 10 minutes longer; then put into the kettle with the potatoes, add fish, salt and pepper, and 3 or 4 soda crackers which have been soaked in 1 pt. of rich milk. Let boil up once, and serve.

### **COLD FISH COOKERY.**

#### **Codfish Balls.**

1 qt. raw sliced potatoes	2 T. butter substitute
1 c. codfish	Milk or cream
1 egg	Pepper and salt

Boil potatoes and fish together; when cooked beat till light, add butter substitute, a little milk, salt, pepper and egg. Form into balls and drop in hot fat.

#### **Baked Fish-Cakes**

Very nice fish-cakes may be made from the remains of a fish dinner. Almost any kind of cold fish may be used. Remove the skin and bones, and flake the fish very fine. To 1 c. fish

add 2 c. of cold mashed potatoes, and thoroughly mix together. If a sauce was served with the fish and some was left over, add about 3 T.; season with salt and pepper and add one well-beaten egg. If the mixture does not seem moist enough, add a little milk or cream. Make into flat cakes, put into a greased pan, and bake in a hot oven until brown. Proportions of fish and potato may be varied.

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### Fish-Cakes

1 c. hot mashed potato, sweet	1 T. butter substitute
potato or taro	1 T. milk or cream
2 c. cold flaked fish	Seasoning

Mash potato or taro very smooth with the milk and butter substitutes; add seasoning; shape into flat cakes with flour, and fry quickly on both sides in hot fat.

---

### Creamed Fish

Remnants of boiled or baked fish	1 c. stock
Bread crumbs	1 c. milk
Butter substitute	Nutmeg, sage and thyme
1 T. flour	
1 egg	Salt.

Flake fish after skin and bones have been removed, and place in shallow baking dish. Prepare sauce by heating butter substitute in saucepan until it bubbles; then stir in an even T. of flour and cook well without letting it brown; add c. of boiling stock and c. of hot milk, a grating of nutmeg, a little salt, sage and thyme; let simmer for a few minutes, stirring well; then pour slowly over a beaten egg. Pour sauce over fish, add bread crumbs, and small bits of butter.

---

### Creamed Fish in Ramekins

1 medium-sized fish	2 c. cream sauce
2 eggs (hard-boiled)	Bread crumbs
Milk	Seasoning

Bake fish whole, in milk until tender; break into small pieces,

add 2 c. cream sauce, well seasoned, and eggs, sliced. Put in buttered ramekins, cover with bread crumbs, and bake 15 minutes.

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### Fish a la Creme

4 to 6 lbs. fish	1 c. cracker crumbs
1 to 1½ pts. white sauce	1-3 c. melted butter substitute

Clean the fish; cook in boiling salted water with 1 T. of vinegar till the flesh separates easily. Drain, and when cool, remove the skin and bones, and flake. Season with salt and pepper. Put a layer of fish on a platter suitable for serving; cover with white sauce, letting the fish soak up all it will; then arrange another layer of fish and sauce. Moisten cracker crumbs in butter substitute; spread over the top; set the platter in the oven over a pan of hot water, and bake until the crumbs are brown. Garnish with parsley.

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### Fish Croquettes

Cooked fish	Grated cheese
Bread crumbs	Seasoning
1 egg	Cream sauce

Mince fish, and mix with bread crumbs and a beaten egg. Season to taste, and add sufficient cream sauce to bind. Roll into balls, and fry in hot fat. Serve with cream sauce sprinkled with grated cheese.

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### Curried Fish

Boil the fish, cut into squares, and mix with a good curry sauce made with cocoanut cream or fresh cream.

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### Curried Fish

1 lb. cold cooked fish	2 good-sized onions
2 T. butter substitute	1 T. flour
1 pt. water	1 t. curry powder
Juice of a lemon	½ t. salt

Chop the onions very fine; put them with the butter substitute

in a saucepan, cover, and when soft add the curry, the flour, and then the water or fish stock. Stir until boiling, and add the fish. Cover and stand on the back of the stove for 10 minutes. Add the lemon juice and seasoning, and serve in a border of carefully boiled rice.

---

### Dish of Fish

Take 3 lbs. of any white fish, boiled and chopped fine. Season with salt and pepper and the juice of a lemon. Boil 3 sliced onions in 1 qt. milk. Cream 3 T. flour and  $\frac{1}{4}$  lb. butter substitute. Pour the milk through a strainer on the flour and butter, and return to the boiler to thicken. On a platter put a layer of the seasoned fish, then dressing, and so on until all is used, having dressing on top; sprinkle with fine cracker crumbs, brown in the oven, and garnish with lemon and parsley.

---

### Escalloped Fish

- |  |                          |
|--|--------------------------|
| 3 c. any cooked flaked fish                            | 2 t. salt                |
| 1 c. fresh bread crumbs                                | $\frac{1}{4}$ t. paprika |
| 2 c. cream sauce                                       | 1 t. table sauce         |
| 2 T. finely cut parsley, celery<br>top or green pepper | 1 T. grated onion        |
| 2 t. butter, or cooking oil,<br>or Crisco.             |                          |

Brush an earthen baking dish with cooking oil; sprinkle with half the bread crumbs; cover with the flaked fish from which skin and bones have been removed; then add the rest of the bread crumbs. Cover with the cream sauce to which the other ingredients have been added. Bake without a cover for 30 minutes in a moderate oven.

---

### Fricassee of Fish

- |                         |                               |
|-------------------------|-------------------------------|
| 1½ lbs. fish            | 2 T. butter substitute        |
| 1 pt. strained tomatoes | 1 t. salt                     |
| 1 chopped onion         | 1 saltspoon pepper (red pfd.) |
| 1 T. chopped parsley    |                               |

Cut fish into slices about  $2\frac{1}{2}$  inches wide. In a sauce pan cook onion in butter substitute until soft. Add fish, and when it has cooked about 10 minutes, add tomatoes, parsley, salt and pepper. Cook five minutes, and serve hot.

---

### Fillets of Fish

Uncooked fish	Onion
Bacon	Cracker crumbs
Parsley and seasoning	Anchovy sauce

Bone, skin and slice the fish. On each slice place a little chopped bacon, onion, parsley and seasoning. Roll, and fasten with a wooden skewer. Roll in flour, dip in egg and cracker crumbs, and fry in deep fat. Serve with anchovy sauce.

---

### Fish Hash

1 c. cold cooked fish	Seasoning
1 c. cold cooked potatoes	2 T. fat
1 slice onion	

Chop fish, potatoes and onion fine, and mix together. Melt fat in frying pan, add fish mixture, season to taste, stir until well heated, then cook without stirring until well browned underneath; fold and turn like an omelet.

---

### Fish Jelly

Fish (Mullet preferred)	Paprika and tobasco
2 T. gelatine	Lemon juice
Hard-boiled egg	Gherkins and olives
Salt and pepper	

To three c. of the water in which the fish was boiled, add 2 even T. of gelatine, and salt, pepper, paprika, lemon juice, and tobasco. Garnish mould with hard-boiled egg, gherkins, and olives; add layer of fish broken into small pieces. Pour on sufficient liquid to cover, and place in cool place to set. Repeat process until mould is filled.

### Kedegeree (A Breakfast or Lunch Dish)

2 c. boiled or steamed fish flaked	2 T. butter substitute Seasoning
2 c. boiled rice	Chopped parsley
2 hard-boiled eggs	

Put rice and fish into a double boiler with the butter substitute, seasoning and parsley. Stir lightly with a fork without mashing. When hot all through, pile on a hot dish; cut eggs into 8 parts and stand around edges. A few rolls of crisp bacon are good with this; if used, the bacon fat may replace the butter substitute.

### Fish Pie

Cold fish	Hot mashed potatoes
Seasoning	Butter substitute

Remove the bones and skin from any cold cooked fish, shred it, and add seasoning to taste. Grease a baking dish, cover the bottom with potatoes, and add the fish and small bits of butter substitute. Season, cover with a top layer of potatoes, and bake in a hot oven 10 minutes, or until brown.

### Fish Pudding

2½ or 3 c. scraped raw fish	¼ c. bread crumbs
¾ c. cream	4 eggs

Mix bread crumbs, cream and yolks of eggs with the fish; then add beaten whites, salt and pepper. Place in steamer, top having central opening as in angel cake tin, cover, and steam uninterruptedly for 25 minutes. Serve with cream sauce.

### Fish Pudding

Awa, Awa-aua, or Oio	4 eggs
1 tin mushrooms	¾ c. cream
½ c. bread crumbs	Seasoning

Grate raw fish, mash to pulp, and season to taste; add bread crumbs, the mushrooms (chopped), the unbeaten yolks of eggs, and the cream (whipped). Just before placing in the steamer,



which should be greased, add well-beaten whites of eggs. Steam 25 minutes, and serve immediately with cream sauce and mushrooms. A delicious way to use these fish, which are too bony to be cooked by other methods.

---

### Salmon Pudding

1 lb. salmon	½ t. mustard
2 eggs	Salt and pepper
1 c. milk	Cayenne
1 T. flour	Onion
1 T. butter substitute	Celery
1 T. gelatine	Green pepper
1 t. sugar	

Boil the salmon, remove skin and bones, shred fine, and mix with chopped hard-boiled egg, onion, celery, and green pepper. Then prepare a cream by heating milk, with flour, butter substitute, sugar, mustard, salt and pepper, until it comes to a boil; then add 1 beaten egg and cayenne pepper. When cream is cool, add gelatine, soaked, and dissolve in hot water, and pour over fish. Put in mould, and place on ice.

---

### Fish in Ramekins

1½ lbs. fish	1 c. hot milk
Bread crumbs	Curry powder
2 T. butter substitute	Salt
1 T. flour	

Boil and flake fish. Make a white sauce with the butter substitute, flour, and milk; season with salt and a little curry powder; and mix lightly with fish. Fill the dishes, cover with butter and seasoned bread crumbs, and brown in the oven. Garnish with parsley.

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### Rechauffe of Fish

2 c. cold boiled fish	1 egg
2 T. butter substitute	1 c. cracker or bread crumbs
½ c. milk or cream	Seasoning

Cut fish in small pieces, and put in chafing dish with butter substitute, milk, crumbs, salt and pepper, and egg slightly beaten. Simmer for five or six minutes.

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### Salad (Good for Picnics)

Have cold boiled or steamed fish flaked with no bones or skin. To every cup, add 1 c. boiled rice, half c. chopped celery, a little chopped parsley. Add enough mayonnaise to moisten and mould it. Season carefully. If anchovies are liked, cut in thin strips and decorate the salad with them. Served at a picnic, hard-boiled egg chopped fine is the best garnish.

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### Scalloped Fish

Cold fish	Chopped parsley
Cream sauce	Paprika
Bread crumbs	Seasoning

Place in baking dish alternate layers of bread crumbs, and minced fish and parsley, and pour on generously a rich cream sauce. Let top layer be of bread crumbs dotted with butter. Bake until well browned.

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### Fish Souffle

2 c. shredded fish	2 eggs (whites)
½ c. bread crumbs	1 T. butter substitute
1 c. milk	Seasoning

Mix bread crumbs, milk, butter substitute and seasoning; cook 5 minutes. Add fish and the whites of the eggs well beaten. Bake in casserole set in water from 20 to 30 minutes.

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### Fish Souffle

1 c. cold boiled fish	1 c. cream sauce
2 c. mashed or riced potatoes	1 t. salt
3 eggs	½ T. Worcestershire sauce or
Kitchen Bouquet	

Add the picked fish, cream sauce, and egg yolks well beaten,



to the potatoes. Fold in lightly the whites of the eggs beaten till stiff. Brush a baking pan with a little cooking oil, put in the mixture, rough it on top, and bake till light-brown. Serve at once.

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## SPECIALS

### Aawa

After the fish is carefully washed, put in the stuffing, and sew up the opening. Dredge the fish with salt, pepper, and flour, and lay it on slices of larding pork in a baking pan. Place slices of pork also over the back. Allow 15 minutes to each pound and baste frequently. The pork should supply sufficient liquid for basting; if not, add very little water.

Serve with brown sauce; garnish with lemon and parsley or watercress.

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### Aku (Portuguese Style)

Dice the fish, and cover with vinegar. Add a large onion (sliced), 2 pieces garlic (mashed), salt, and let stand 6 hours. Then fry in hot fat.

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### Akule

Clean, remove heads, and sprinkle with salt. Cut up 6 or 8 green onions and 3 large tomatoes (canned are equally good). Place fish in well-greased pan, cover over with onions and tomatoes, put cover on pan, and cook slowly 20 minutes or until done.

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### Mullet (Spanish Style)

Clean 2 or 3 mullet, cut into 3-inch pieces, and place in a kettle containing 1 T. Crisco. Add cut-up green onions, tomatoes, salt, and enough cooked rice to serve the family. Cook 30 minutes.

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### Mullet (Hawaiian Style)

Clean, sprinkle with salt, place on from 6 to 8 ti leaves,

bind with wire, and bake from 20 to 30 minutes. Added cocoanut milk gives it a flavor.

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### **Boiled Mullet**

Put mullet in saucepan, almost cover with water, add 1 T. of salt, cook  $\frac{1}{2}$  hour. Good served with poi.

Kala, Moi, Papiopio, and Akule are good this way. The Kala-should be skinned before cooking.

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### **Boiled Mullet with Coconut Sauce**

Boil mullet as above. When nearly cooked throw half the water away and in its place add juice of two cocoanuts. To secure this, grate cocoanuts, and extract juice by squeezing through potato press.

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### **Boiled Mullet with White Sauce**

Put mullet in saucepan, almost cover with water, and add salt. When done, lift carefully to a platter and pour over a sauce made of 1 C. of milk, 1 T. flour, 1 T. butter substitute, and 2 hard-boiled eggs, chopped up rather fine. Moi and Kumu are good cooked this way.

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### **Mullet in Ti Leaves**

Procure 8 or 10 ti leaves. Put salt on 2 or 3 medium-sized fish, wrap in ti leaves, put in oven, and bake for  $\frac{3}{4}$  hour. Moi, Weke and Kumu are good this way.

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### **Fish With Cocoanut**

Clean and prepare Mullet or Moi for baking in ti-leaves. Salt them, pour into the stomach and gills cocoanut juice secured by grating and squeezing the pulp of a cocoanut; tie up in the ti-leaves and bake in the oven or broil on the coals outdoors. The latter method is preferable, for the juices do not dry away so much as in an oven, and the leaves do not stick to the fish, as they often do in the former case.

### **Moi or Mullet Special**

Put 3 fish in saucepan, almost cover with water, add salt, and boil for  $\frac{1}{2}$  hour. When done, lift carefully to a platter and pour over a sauce made of 2 c. milk, 2 T. flour, 2 T. butter substitute, 1 t. salt, 1 tin each (small size) shrimps, mushrooms, and oysters. Take some seasoned mashed potatoes and mix with 1 beaten egg. Make with the potatoes a border around the fish; bake in hot oven for 15 minutes, or until brown. Serve in the same dish.

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### **Moi a la Spanish**

Cut a good-sized fish into pieces for individual serving. Rub the pieces with salt, and lay side by side in a baking pan. Place thin slice of onion, 1 of tomato and 1 of bell pepper (without the seeds), upon each piece, and sprinkle with salt. Add 3 or 4 dots of savory fat, and cover it all with browned bread crumbs. Put just enough water in the pan to prevent the fish from burning. Chili powder makes a very good substitute for the bell peppers.

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### **Kumu**

Clean and cook in ti leaves. A pinch of prepared kukui nut may be added.

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### **Ulaula (Spanish)**

To 1 good-sized fish add contents of 1 can of tomatoes, sliced onion, salt, pepper, and Worcestershshire sauce; bake in a medium oven till done.

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### **Ulaula (Stuffed)**

Stuff fish with cracker crumbs, mixed with 1 beaten egg, salt, pepper, celery-salt, and chopped parsley. Serve with cream sauce.

### Steamed Ulua in Mould

2	large c. fish	Worchestershire sauce
1	c. corn meal	Pepper and salt
$\frac{1}{2}$	c. milk	2 eggs

The raw fish should be finely picked, and the corn meal thoroughly cooked. To the fish and meal add the seasoning and eggs. Stir lightly, turn into an oiled mould, and steam 30 minutes.

### Sauce

2½	T. savory fat	Pepper
$\frac{1}{4}$	c. corn starch	$\frac{1}{2}$ t. salt
1	c. milk	

Stir milk, corn starch, and seasoning until well mixed, and add to the fat, which has been melted. Let mixture boil up well. Serve at once.

### Aku or Kawakawa

Cut off head and tail, put them in pot with water to cover, and let boil, cut the remainder of the fish crosswise into slices from  $\frac{1}{2}$  to  $\frac{3}{4}$  inches thick, roll in flour, and fry, seasoning with salt and pepper. When done put on a platter. Fry some onions and put over the fish. Use the liquor from the boiled parts for a gravy, adding to it a little soyo or tomatoes. Pour the gravy over the fish, and serve.

### Hinana

Beat 2 or 3 eggs, add chopped onions, and 2 or 3 c. of Hinana. Stir well, season with salt and pepper, and fry like griddle-cakes.

### Fish Roe (Creamed)

Wash the fish roe, cover with cold water, add 1 t. salt, and heat slowly. Boil for 1 minute. Remove dark skin and veins, and cut roe into neat pieces. Make a good cream sauce, seasoned with salt, pepper, and a little nutmeg; add roe, and cook in a double boiler for 20 minutes. Serve on hot toast or crackers.

### Hee or Squid

Squid before being cooked must be pounded with salt until very tender. Rub the squid over with coarse salt, grasp it by the head, and proceed to pound it up and down in a bowl, until a slimy substance forms; continue this process until the skin can be easily torn, then wash it, and put in cold water and let come to a boil. Add a little salt and cook until tender.

It is also delicious cooked with luau, to which the juice of several cocoanuts has been added.

### FISH ON TOAST.

Three cups of cold fish, 1 tablespoon of butter, 1 tablespoon of flour, 1 pint of sweet milk, 2 eggs, 1 tablespoon of parsley. Remove the skin and bone from fish and break into small neat pieces. Sprinkle salt and pepper over it. Melt the butter in a saucepan and stir in the flour, add milk and stir till it thickens. Add fish and the eggs well beaten. Stir gently till thick, but do not boil. Pour on to the buttered toast, sprinkle with the parsley and serve at once.

### SALMON PUDDING.—Mrs. Hascall.

One 2-lb. can of salmon, 3 eggs, 4 tablespoons of butter, half cup white breadcrumbs, one teaspoon chopped parsley seasoning. Mince the fish, add the butter, crumbs and seasoning, lastly the well beaten eggs. Put into a buttered pudding dish, and set in a pan of hot water in the oven for one hour.

### FISH BALLS.—Mrs. Cruzan.

One cup of cold cooked fish, 1½ cup hot mashed potatoes, 1 dessertspoon of Worcestershire sauce, 1 egg, seasoning and nutmeg, lard for frying. Pick the fish fine and add to the hot potatoes the seasoning and sauce. Mix with half the egg, and form into balls. Roll in egg and sifted crumbs, and fry in the hot lard.

## SCALLOPED FISH.

Have ready a sauce made of one quart of milk, one half cup of flour, a bunch of parsley, a little thyme, three slices of onion. Put on the fire and stir until it becomes thick. Cook for ten minutes, remove from the fire, and add two eggs, and one-fourth pound of butter, and strain. Put in a baking dish, first a layer of fish, then sauce until the dish is full. Sprinkle breadcrumbs and grated cheese on top. Bake half an hour in a moderate oven.

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### Turtle

Cut a nice steak weighing about 1 lb., season with salt and pepper, sprinkle with oil, and broil over a quick fire for about 15 minutes; put it on a hot platter, and serve with sauce.

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### Turtle Sauteed

Cut the turtle meat into  $1\frac{1}{2}$  inch squares, season with salt and pepper, and fry in butter substitute in a saute' pan to a nice color. Add some sliced onions, green peppers, mushrooms (cut small), a clove of crushed garlic, and fresh tomatoes, peeled and cut into squares; moisten with some stock, and cook till tender. When done, dish up on a hot platter, garnish with small timbales of plain cooked rice, and sprinkle the top with chopped parsley.

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### Honu or Turtle

Cut into thin slices; beat 1 egg with 1 T. water; add salt and pepper, dip turtle into this, then into bread crumbs, and fry in very hot fat until a nice brown. Serve with butter sauce, and garnish with lemon and parsley.

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### Turtle Curry

Boil turtle meat in water to which a little salt has been added. Cook until tender; remove, and cut into dice. Then make a curry sauce as follows:

Put 1 T. butter substitute into a saucepan. When it bubbles



add 1 T. flour and 1 T. curry powder, let it cook a few minutes, and add slowly 1 c. milk and 1 c. cocoanut juice, stirring constantly. Add the turtle meat, and let simmer for 15 minutes or even longer.

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### Tuna and Escalloped Barley

1½ c. well cooked pearl barley	¾ T. corn starch
¾ lb. Tuna, boiled	¼ t. salt
½ c. milk	Crumbs

Arrange the barley and the fish in alternate layers in a greased dish; make a white sauce of the milk, corn starch, and salt; pour this over the barley, sprinkle the top with crumbs, and bake until well browned on top.

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## SAUCES

### Sauce for Boiled Fish

2 eggs	1 t. ground mustard
1 T. sugar	2 T. vinegar
1 t. flour	Butter substitute
1 c. milk	Salt and pepper

Mix the yolks of the eggs with the sugar, flour, mustard, salt, and pepper; beat all very light, and stir into the milk; let the mixture come to a boil, stirring it constantly; then add the vinegar and butter substitute the size of a walnut.

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### Hollandaise Sauce

2 T. butter	1 T. vinegar
3 T. flour	1 yolk of egg
1 c. milk	Seasoning

Melt butter, stir in flour, add milk, and stir till it boils; add seasoning. Just before serving, add yolk of egg, and beat well, add vinegar, and do not boil again.

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### Mayonnaise Sauce

2 eggs	1 t. vinegar
1 t. mustard	1 c. olive oil
Salt and pepper	1 lemon

Break yolks into a bowl; add mustard, salt and pepper; whip for a few seconds; add vinegar, and incorporate slowly the oil, stirring the mixture constantly; meanwhile add lemon juice. Keep the sauce in a cold place.

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### **Tartar Sauce**

To mayonnaise add chopped parsley, capers, and sour pickles.

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### **CANNED FISH**

The use of canned fish is not encouraged. There are persons however, who cannot reach the fish markets; and for their convenience these recipes are added.

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#### **Salmon Chowder**

1 medium can salmon or tuna	1 large onion
1 large slice salt pork	Flour
3 c. potatoes (diced)	Seasoning
3 c. milk	

Cut pork into small pieces, and fry; add onion and potatoes, and simmer until vegetables are tender. Add milk, and slightly thicken when it begins to boil. Then add fish, which has been strained and flaked, and season to taste. Serve hot with crackers.

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#### **Salmon au Gratin**

1 small can salmon	2 T. butter substitute
Bread crumbs	2 T. flour
Grated cheese	2 c. milk

Make sauce of butter substitute, flour, and milk. When cooked smooth, like cream, add salmon cut in small pieces; pour mixture into individual fireproof casseroles, cover tops with bread crumbs and grated cheese, and bake until brown on top.

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#### **Salmon Loaf**

1 lb. cooked salmon (either fresh or canned)	1 T. finely chopped parsley
	$\frac{1}{2}$ T. salt



- |                               |                          |
|-------------------------------|--------------------------|
| 1 c. soft sifted bread crumbs | $\frac{1}{4}$ T. paprika |
| $\frac{1}{2}$ T. onion juice  | $\frac{1}{2}$ c. milk    |
| 1 T. lemon juice              | 2 eggs (beaten light)    |

Pick salmon fine with silver fork. Add other ingredients, mix thoroughly, turn into greased mould, place mould in dish of hot water, and cook in medium oven till center is firm. Serve with tomato sauce.

### Mock Salmon Steak

- |                                 |                        |
|---------------------------------|------------------------|
| 1 small can salmon              | $\frac{1}{4}$ c. flour |
| 2 c. steamed stale bread crumbs | Onion juice            |
| 1 egg                           | Salt and pepper        |

Mix salmon and bread crumbs, add egg, flour, and seasoning; mix well, and mould into form of steaks. Fry on both sides in well greased skillet. Garnish with lemon, parsley, and quartered tomatoes.

### Mock Salmon Steak

- |                         |                         |
|-------------------------|-------------------------|
| 2 c. hot riced potatoes | 1 small can salmon      |
| 1 egg (beaten)          |                         |
|                         | Salt and pepper         |
|                         | Cracker crumbs (sifted) |

Mix fish, potatoes, egg, and seasoning, roll in crumbs, and fry on both sides in hot skillet.

### Salmon Puffs

- |                               |                  |
|-------------------------------|------------------|
| 1 can salmon                  | 1 T. lemon juice |
| 1 T. butter substitute        | 2 eggs           |
| $\frac{1}{2}$ c. bread crumbs | Salt and pepper  |

To the finely chopped fish add the melted butter substitute, seasoning, breadcrumbs, lemon juice, and eggs well beaten. Mix thoroughly, and pack into cups, filling them about  $\frac{3}{4}$  full. Set into a pan of hot water, and bake for  $\frac{1}{2}$  hour in a moderate oven. Turn out on platter, place on the top of each a sprig of parsley, and pour around a sauce made from the following recipe:

1 c. cream or milk	¼ t. salt
2 eggs	⅛ t. pepper
1 T. lemon	1 bay leaf

Pour slowly over the beaten yolks of the eggs the hot milk or cream, add the seasoning, and cook in double boiler, stirring constantly. White sauce with an egg may be used in place of the above recipe.

## SHELL FISH

### Hawaiian Clam Cocktail

(Opihi)

Remove from shell, place in cocktail glasses, and serve with cracked ice and cocktail sauce.

### Crabs

Boil crabs for 20 to 30 minutes, or until a bright red, in a little water to which 1 T. of salt has been added.

### Crab Cocktail

Use about 12 crabs. After they are boiled, remove the meat with care. Put into a bowl 1 bottle of tomato catsup, 1 T. Worcestershire sauce, salt and dash of paprika, juice of 2 lemons, and a piece of ice; add crab meat; let stand for 5 minutes.

### Deviled Crabs

12 crabs	½ t. paprika
1 c. milk	1 hard-boiled egg
1½ T. butter substitute	1 T. flour
1 t. salt	1 T. chopped parsley

After crabs are boiled, remove meat with care. In a saucepan heat butter substitute until it bubbles, add the flour, and cook but not brown; add the milk slowly, remove from the fire, and add the salt, paprika, parsley, and egg (chopped fine), and the crab meat. Mix well together, have the shells washed, and

fill with mixture. Cover top with bread crumbs. Place in oven a few minutes to brown.

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### Niumalu Crab Salad

After crabs are boiled, remove the meat with care. Add  $\frac{1}{2}$  c. of chopped onion and celery, season with salt, pepper, and vinegar.

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### Deviled Crabs

8 or 10 good-sized crabs	$1\frac{1}{4}$ c. fine bread crumbs
1 onion	Salt
1 T. butter substitute	Pepper
1 c. plain stock	Cayenne or tabasco
1 T. corn starch	

Chop onion fine, and fry to a light brown in butter substitute. Add stock, and thicken with the corn starch dissolved in a little milk or water. Then add crab meat and bread crumbs. Season with salt, pepper, and a little cayenne or tabasco. If too dry add a little milk or cream. Fill shells, add a small piece of butter to each shell, and bake in a hot oven 15 minutes. Serve with slices of lemon or limes.

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### Boiled Lobster

Have in a kettle enough water nearly to cover the lobster; before it becomes very hot take the lobster by the back and put into warm water head first; this smothers it. Cover the pot; when it begins to boil, add 1 T. salt, and boil for 20-30 minutes, or until lobster is very red.

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### Steamed Lobster

Split a lobster weighing 1 lb.; season with salt and pepper; lay it on a platter, set in a steamer, and cook for about 10 minutes. When done, sprinkle the top with melted butter, and garnish with parsley.

### Broiled Live Lobster

Wash and drain a lobster weighing about  $1\frac{1}{2}$  lbs.; split it lengthwise; take out the one long intestine and the stomach; crack the claws; season with salt and pepper. Put between an oiled broiler; cover the front part of the split side with a piece of tough oiled paper; sprinkle the entire lobster with oil, and cook for 15 minutes over a brisk fire, turning only once. When done, put the lobster on a hot platter, and garnish with parsley and pieces of lemon.

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### Lobster Cutlet

2 c. lobster (boiled)	$\frac{1}{2}$ t. salt
1 c. milk	1 t. lemon juice
2 T. flour	1 t. parsley
2 T. butter substitute	Paprika or cayenne
2 egg yolks	Grating of nutmeg

Make a cream sauce with the butter substitute, flour, milk, salt cayenne, nutmeg, lemon juice, and parsley, chopped very fine. Just before taking from stove, add the yolks of 2 eggs and the finely cut lobster. Mould into chops and serve on a hot platter; garnish with parsley and lemon.

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### Lobster Farolii

Put in saucepan 1 T. of butter substitute; when it bubbles add 1 T. flour, and cook but not brown; add 1 c. milk, and stir until smooth; then remove from fire, add 1 t. salt, pepper, chopped parsley, 1 hardboiled egg, cut fine, and lastly, the lobster meat cut into pieces  $\frac{1}{2}$  inch square. Have the shell from which the meat was taken carefully washed and dried, leaving on the head. Put the mixture into shell, cover the top with bread crumbs which have been moistened with 1 t. butter substitute. Place in oven to brown.

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### Lobster Farolii

1 lobster	3 eggs
1 c. cream sauce	Salt
$\frac{1}{2}$ c. grated cheese	Pepper

Boil lobster in salted water about 20 minutes, or until red. When cold, take meat from shell and claws, being careful to remove cord from middle of body, and flake into small pieces. Add beaten yolks to sauce, then the lobster and the cheese. Beat whites stiff, and mix in quickly. Put in buttered baking pan, and bake in hot oven 30 minutes. Serve at once.

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## **FROGS' LEGS**

### **Frogs' Legs Fried**

Remove feet from 2 dozen frogs' legs; season with salt and pepper, roll in flour, after which dip in beaten egg and roll in bread crumbs. Fry in hot fat for about 5 minutes; drain, garnish with parsley and lemon.

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### **Frogs' Legs Sauteed**

Have 3 dozen frogs' legs prepared. Season with salt and pepper, roll in flour, and fry in butter substitute over a brisk fire to a nice golden color. When done, dress on a platter or in a small casserole; sprinkle with chopped parsley and lemon juice. Serve very hot.

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## **PICKLED SALMON.**—Mrs. D. Whitney.

Soak a piece of salt salmon in fresh water for 12 hours, then cut with a sharp knife into pieces half an inch thick. Put them into a jar and pour over the following, warm; Cloves, whole peppers, sliced onions, a little essence of lemon, and sugar, boiled in vinegar.

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## **CLAM CHOWDER.**—Mrs. Chas. Dillingham.

Take 2 or 3 slices of good salt pork and cut into small pieces. Put into a frying pan with onion cut fine, and fry till brown, and then put them into the soup-kettle, in which there is a quart of boiling water. Pull the hard part of the clam separate from the soft, chop it fine and put it in the water at once. Put in at the same time potatoes to suit the taste. When the potatoes are about done, add the soft part of the clams. Take a pint

of milk, stir in a tablespoonful of corn starch, and pour into the boiling chowder. As soon as it boils up it is done.

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### **FISH CHOWDER.**—Mrs. Mott-Smith.

Begin an hour before dinner by frying in butter a half pint or more of chopped onions, using the kettle in which the chowder is to be made. When the onions are brown, pour in a quart of water (boiling). Add to this 4 to 5 large potatoes cut in thick slices. Four medium sized fish will be enough. When the potatoes are done, add the fish, which has already been cleaned, drawn and cut in slices. When beginning the chowder, put half a dozen crackers to soak in milk enough to soften them. When the fish and potatoes are done add the crackers and milk and let the whole come to a boil. Season with salt and pepper. If more liquor is desired add as much milk as you like. Ulua, Mahimahi and Kahala are all good.

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### **SQUID WITH COCOANUT.**—Miss E. Ladd.

Lay a fresh squid on a hard surface and pound it with a wooden mallet for ten minutes, turning the squid from time to time. When well beaten place it in a bowl and work coarse salt into it, kneading well with the hands. Wash thoroughly using an abundance of water, then put it over the fire with a pint of boiling water and cook till tender. Boil and drain a bundle of luau. Cut the squid into small pieces and add it to the luau with the juice of two small cocoanuts and a teaspoonful of arrow-root (pia) and let this come to a boil. This is a bother to make, but the result is excellent. The repulsive looking squid becomes a delectable morsel under this treatment.

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### **LOBSTER AND COCOANUT.**

Boil the lobster and cut into small pieces and add it to a gravy prepared as above. This is excellent.



**FISH PUDDING.**—Mrs. B. Hofgaard.

$\frac{3}{4}$ lb. scraped raw fish	$1\frac{1}{4}$ c. unsweetened milk or ( $\frac{1}{2}$ milk; $\frac{1}{2}$ water.)
$1\frac{1}{2}$ oz. suet	1 well-beaten egg
$3\frac{1}{2}$ t. salt	2 T. flour
$\frac{1}{2}$ t. ground mace	1 t. butter
$\frac{3}{4}$ t. ground ginger	

Mix in order given. Decorate the pudding bowl to taste and steam 1 hour, 40 minutes. For four people.

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**DEVILLED CRABS.**—Mrs. Parke.

Boil the crabs until tender; remove the meat from the shells; chop or cut fine; add salt, a little cayenne pepper, a little butter or cream, and fine bread crumbs, with milk enough to make it very moist. Some persons prefer mustard in the place of the cayenne pepper. A little finely chopped onion may be added if desired, but it is better to omit it ordinarily. Scrape the shells clean, fill them with the mixture, and on top of each filled shell sprinkle a little sifted cracker crumbs and a bit of butter. Bake about 10 minutes in a hot oven.

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**FISH MOULTEE (Indian Recipe)**—Mrs. M. F. W. Damon.

Take ulua fillet it, egg, bread crumb and fry with a little turmeric and butter. Scrape half a fresh cocoanut, take the milk from it, cut some green ginger and green chillis in slices, boil them with the cocoanut milk and a little water. Add the fish and let stew till the sauce is slightly thickened. Send to table with rice.

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**COOKING SALT SALMON.)**—Mrs. J. M. Cooke.

Soak it over night in cold water, flesh side down. In the morning scale it and put in a saucepan in hot water. When it reaches the boiling point pour off the water and add more. When it boils again pour off the water and put in sweet milk;



thicken with flour. After boiling a little put in a nappy with a teaspoonful of butter on the top, and set it in the oven to brown. Be careful not to break the salmon in pieces in the cooking.

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### **SALMON MAYONNAISE.**—Mrs. Kittredge.

Remove the bones and skin from a tin of salmon and break up the salmon with a fork. Make sauce of the following: Three cups of cream, teaspoon brown sugar,  $\frac{1}{2}$  spoon suet, teaspoon pepper, yolks of 2 eggs rubbed smoothly into the cream. Into  $\frac{1}{2}$  cup vinegar mix 1 tablespoonful mustard and add 2 tablespoonfulls mixed pickles chopped fine. Stir this mixture into the salmon, adding 3 lettuce heads cut fine, and lastly mix quickly the cream, stirring lightly with a fork. Ornament the platter upon which the mayonnaise is piled with the crisp inner leaves of a couple of lettuce heads.

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### **SALMON RISsoles.**—Mrs. C. D. Miller, Kona.

Pour the liquor from a can of salmon into a small sauce pan and put it on the stove to heat, thicken with a little cornstarch (or flour) in milk, add a tablespoon of chopped parsley just before sending it to the table; it may be poured over the rissoles or served in a gravy boat. Put the salmon in the meat chopper with about four freshly boiled potatoes, mix thoroughly, flour the hands well and shape the mixture into little cones, fry a nice even brown in hot dripping or lard, garnish with sprigs of parsley. This is a good dish for lunch or breakfast.

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### **CREAMED SALMON.**—Mrs. W. D. Alexander.

One pint canned salmon, 1 pint milk, 1 pint fine bread crumbs, 2 tablespoonfuls cornstarch or flour, 2 tablespoonfuls butter, salt and pepper to taste. Boil the milk and add the butter, pepper, salt and cornstarch. Remove all bits of bone and skin from the salmon, drain off the fluid and mince fine. Put a thin layer of crumbs in the bottom of a pudding dish, then a layer of fish, then a layer of white sauce. Repeat these layers ending with the

crumbs. Bake till the top crumbs are a handsome brown. This is a delicious dish for breakfast or tea, and is served as a fish course for dinner.

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## HOW TO COOK LOBSTER.

Have ready a pan of boiling water deep enough to cover the lobster. Drop it in alive, and cover closely. Cook for forty-five minutes. Cool and open the lobster.

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## CODFISH BALLS.—Butterick's Cook Book.

One quart of raw potatoes sliced, 1 large cup of salt codfish, 1 egg, 2 tablespoonfuls of milk or cream, 2 tablespoons of butter, salt and pepper to taste. Boil fish and potatoes together in plenty of water until the potatoes are soft. Drain off the water, add cream, butter and seasoning and drop from a spoon into very hot fat. The mixture should be a moderately stiff batter. These fish balls are especially delicious.

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## MEATS

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### TO PREPARE COCOANUT JUICE FOR GRAVIES.

Grate the cocoanut and add a very little fresh milk, and let it stand on the back of the stove for half an hour, then turn it into a clean cloth and wring the juice very dry.

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### MOCK DUCK.—Mrs. John Wilder.

Take a steak, a large one is best, though if you can tie them up, pieces will do, even if small. Take out the large bone, and pound the beef; make a dressing of bread that has been soaked in water and squeezed as dry as possible, 2 pieces of bacon fried and chopped fine, with 1 large onion, or a number of small ones, sage, summer savory, a little butter, and plenty of salt and

pepper. Make early in the morning—it is better, for standing. Cook it a little, stirring it all the time. Put the dressing in the steak, leaving out a little for the gravy. Tie it up tightly, beat an egg well, pour it all over the steak, put on 2 tablespoonfuls of butter in lumps, put it in a pan with water, but do not let the water touch it. Baste often. Cook about an hour.

### Gravy for above.

Any cold meat gravy is nice with a little of the dressing, more onion, sage, savory, and a little bacon or cold beef minced very fine, and seasoned highly with salt and pepper.

### BEEFSTEAK PIE.—Mrs. C. D. Miller.

Take about 2 pounds of steak, slice in pieces about seven inches long and  $\frac{1}{4}$  inch thick; dredge each piece with flour, pepper and salt sparingly, add a pinch of celery salt, shred two medium sized onions and sprinkle each piece. Ball these strips firmly (some tie them as in beef olives), put them in a saucepan, cover with boiling water and place on the stove where it will simmer (not boil fiercely) for one hour. Place in the middle of a deep pie dish an inverted tea-cup and lay the beef rolls around it. Prepare this in the morning then set it in the safe. Strain the liquor and set it aside to cool, then remove the fat and heat the liquor; when near the boiling point stir in one dessert spoonful of butter rubbed with two of flour (rub it very smooth), add to the liquor and stir till it is smooth and creamy, then pour this over the beef in the pie dish and cover with the crust, making two incisions to allow the steam to escape. Chicken cut up and prepared in the same way is delicious. Use any good pie crust being sure to cut incision on top.

### RUTH PINCH'S BEEFSTEAK PUDDING.—Mrs. Kinney.

Make into a firm smooth paste, 1 pound flour, 1 cup of suet chopped fine, a little salt with a little water. Line with this a basin which holds  $1\frac{1}{2}$  pints. Season and cut up a pound of tender steak, free from bone and skin, with an ounce of salt and  $\frac{1}{2}$  teaspoonful of pepper. Lay it in the crust, pour in  $\frac{1}{4}$  pint of

water, roll out the cover, close the pudding carefully, tie a floured cloth over it and boil for  $3\frac{1}{2}$  hours.

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**HAMBURG CAKES.**—Mrs. W. D. Alexander.

Chop a pound of round steak, add a grated minced onion, 1 egg, 1 cup rolled crackers and seasoning. Make into balls and drop into a hot pan without grease. This keeps in the juice and prevents the meat from being greasy.

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**BEEFSTEAK ROLLS.**—Mrs. Kittredge.

Cut thin slices of round steak, a little larger than a slice of baker's roll, as many slices of bread as of the steak. Butter the bread, stick in a few cloves and sprinkle with pepper and celery salt. Roll the slice of steak over into the bread with a firm roll and tie up well with a string. Dredge each roll with flour. Put in a saucepan a tablespoon of butter, and fry the rolls till quite brown in the butter. Then remove them to a stewpan and add enough water to cover them. Let them simmer slowly for a couple of hours. Serve with the gravy. These are nice the next day, cold, cut in slices, without the gravy.

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**SPANISH FRICEO.**—Miss Amelia Hoffman.

This dish is made from good beef (the same kind as is used for beefsteaks), lean pork or young mutton. The best is beef and pork in equal quantities. Two pounds of meat is enough for six or eight persons. The meat is beaten till soft and then cut in thin slices. Cut raw potatoes in thin slices, washing them before they are cut, but not after, and take 2 soup plates of them. Mix with the potatoes 2 saucersful of onions cut in slices. Take a pudding dish and put meat and potatoes in layers. Scatter over each layer some pepper and some Jamaica pepper and salt; put on every layer of potatoes a pieces of butter, and  $\frac{3}{4}$  table-spoonful of thick sour cream. Close the pudding dish well and put it in boiling water, and let it boil for  $1\frac{1}{2}$  hours.

**TO COOK A CALF'S HEAD.**—Mrs. W. F. Allen.

Calf's head, 1 egg, spoonful of flour, a little grated nutmeg, 3 tablespoonfuls of milk, some slices of bacon, a dozen force-meat balls, pepper, salt, mace, an onion, bunch of herbs, 8 mushrooms, pint of gravy. Boil the head three-quarters of an hour; let it stand until cold, then slice. Boil the brain in the cloth, chop fine and beat it up with the egg, flour, milk and nutmeg. Season the gravy with pepper, mace, cloves, herbs, onion and cayenne pepper. Let it simmer 10 minutes, strain, then add the mushrooms. Place the sliced head in this, and cook gently 15 minutes. Serve in the center of the dish, with the brain fritters, bacon and force-meat balls round, and the egg sauce over the whole. The brain, when prepared, is to be fried like fritters.

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**VEAL LOAF FOR LUNCHESES.**—Mrs. Atherton.

Three pounds veal chopped fine with a small piece of salt pork, 1 teacup rolled crackers, 1 cup milk, 1 egg; season with salt and pepper. Bake  $1\frac{1}{2}$  hours, and slice when cold. Bake in a deep dish. It is also nice when hot to turn out and serve with thickened milk. Made thinner with milk and fried like batter cakes, it makes a very nice breakfast dish.

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**BRAISED LEG OF MUTTON.**

This recipe can be varied either by preparing the leg with a stuffing placed in the cavity after having the bone removed, or cooking it without. Having lined the bottom of a thick iron kettle or stew-pan with a few thin slices of bacon; put over the bacon 4 carrots, 3 onions, a bunch of savory herbs; then over these place the leg of mutton. Cover the whole with a few more slices of bacon; then pour over half a pint of water. Cover with a tight cover and stew very gently for 4 hours, basting the leg occasionally with its own liquor, and seasoning it with salt and pepper as soon as it begins to be tender. When cooked, strain the gravy, thicken with a spoonful of flour (quite brown); pour some of it over the meat and send the remainder to the table in a tureen, to be served with the mutton when

carved. Garnish the dish around the leg with potatoes cut in the shape of olives and fried a light brown in butter.

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### **CANNED SHEEP'S TONGUE WITH TOMATO SAUCE.—**

Mrs. C. H. Judd.

The skin having been removed from the tongues, fry them in butter until quite brown, then place on a platter. Pour into the frying pan  $\frac{1}{2}$  a tin of canned tomatoes, or the same quantity of fresh ones peeled and chopped fine. To these add a little salt and pepper and  $\frac{1}{2}$  a cup of boiling water. When thoroughly cooked, pour over the tongues and serve hot.

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## **COLD MEAT COOKERY**

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### **HAM TOAST.—Mrs. Chas. Dillingham.**

Boil quarter of a pound of lean ham, chop it fine and mix with the yolks of 3 well beaten eggs; add  $\frac{1}{2}$  an ounce of butter, 2 tablespoonfuls of cream and a little pepper. Stir this in a pan over the fire until it thickens. Cut the crust from some nice slices of bread, toast them, and turn the ham over them and serve.

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### **HAM CROQUETTES.—Mrs. Bray.**

One cupful of finely chopped cooked ham, 1 of bread crumbs, 2 of hot mashed potatoes, 1 large tablespoonful of butter, 3 eggs, a speck of cayenne. Beat the ham, cayenne, butter and 2 of the eggs into the potato. Let the mixture cool slightly and shape it like croquettes. Roll in the bread crumbs, dip in beaten egg and again in crumbs, put in the frying basket and plunge into boiling fat. Cook 2 minutes, drain and serve. These can be cooked in hot lard in a frying pan.

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### **CALF'S HEAD CHEESE.**

Boil a calf's head in water enough to cover it, until the meat leaves the bones; then take it with a skimmer into a wooden



bowl or tray; take from it every particle of bone; chop it small; season with pepper and salt, a heaping tablespoonful of salt and teaspoonful of pepper, sufficient; if liked, add a tablespoonful of finely chopped sweet herbs; lay in a cloth in a colander, put the minced meat into it, then fold the cloth closely over it; lay a plate over it, and put on it a gentle weight. When cold it may be sliced thin for supper or lunches. Spread each slice with made mustard.

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#### **BAKED HAM.**—Mrs. W. L. Whitney.

Cut the rind from a slice of fat ham about four inches thick; parboil quickly and throw off the water. Place the ham in a baking dish, sprinkle with one teaspoonful of sugar and a generous amount of black pepper. Dredge thickly with flour, cover with one-half a can of tomatoes or slices of fresh ones; dredge again with flour, sprinkle well with black pepper and bake for about three hours.

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#### **MEAT BALLS.**—Mrs. Hascall.

Two cups of cold steak or roast chopped fine, two slices of bread, salt and pepper, one tablespoon chopped parsley and thyme. Pour boiling water on the bread, drain and mix all together. Mold with the hands into oval cakes, and fry in hot fat.

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#### **COLD ROAST BEEF STEW.**—Mrs. John Wilder.

Cut thin slices of cold beef. Melt two tablespoons of butter, dip each slice into the butter, then into dry breadcrumbs. Put the slices in a baking dish, sprinkle salt and pepper and chopped pickles between. Pour on half a cup of vinegar from the pickles, and add one cupful of gravy or stock, cover and leave all day in a slow oven or the fireless cooker.

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#### **A NICE BREAKFAST DISH.**—Mrs. Bray.

Mix together one cup of cold cooked rice with one egg, three tablespoons of milk, salt and pepper. Line a baking dish with



this mixture, keeping some for the top. Chop up cold meat, season it, and cover with gravy; place in the baking dish with rice on top, and brown in the oven.

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**TOAD IN THE HOLE.**—Mrs. C. D. Miller.

Put half a pound of flour into a bowl with a pinch of salt, beat into it one egg, and three-fourths of a pint of milk. Beat well, and pour into a baking dish, and drop balls of sausage or cold meat, or cold fish into the batter. Bake for half an hour.

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**BEEF AND POTATO PIE.**—Mrs. C. D. Miller.

Take cold beef or mutton, pass it through a meat chopper, into a buttered baking dish, add seasoning, one grated onion, a teaspoon of Worcestershire sauce, enough gravy to moisten, mix together well. Have ready enough mashed potatoes to cover thickly, ornament with a fork, and brown in the oven.

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**HAM AND TOAST.**—Mrs. Charles Dillingham.

Take any pieces of cold ham, put through the chopper, there should be a quarter of a pound. Beat the yolks of three eggs, and add with half an ounce of butter, two tablespoons of cream, and a little pepper, stir this over the fire, till it thickens. Pour on to buttered toast.

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**HAM CROQUETTES.**—Mrs. Bray.

One cup of finely chopped cold ham, two cups of hot mashed potatoes, one tablespoon of butter, two eggs, and a little cayenne. Mix well together with a fork. Let the mixture cool then shape and roll in one beaten egg and then in crumbs. Fry in hot fat.

## GAME AND POULTRY

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In all of these recipes rabbit raised on the islands may be used with good results.

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### HOW TO MAKE POULTRY OR MEAT TENDER

The day before have the poultry cleaned and dressed. Take several large Papaia leaves, bruise them with the handle of a knife, wrap them around the fowl or meat with the underside next the meat, tie with string and cover with cheese-cloth. Keep in the ice-box till ready to cook. Leave no longer than twenty-four hours, six is enough for steak.

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### STEWED CHICKEN WITH LUAU.—Mrs. A. Jaeger.

Cut an old hen in small pieces, and put in a saucepan with cold water to cover. Cook gently for two hours, now add salt and turn fire low. Take one 5c bundle of Luau, and put in another saucepan of cold water, boil up quickly, and throw the water away. Add boiling water, and cook till tender. Strain and put in with the chicken. Boil together for ten minutes, then add the juice of one cocoanut, let it heat again but do not boil. Season to taste and serve.

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### BOILED CHICKEN.—Mrs. James Pratt.

Stuff the chicken, put it in a closely covered tin pail in a pot of boiling water; stew 2 hours or more; mix the gravy left in the pail with milk or cream, hard-boiled eggs chopped, a little parsley and the giblets previously boiled; add a teaspoonful of flour and salt. After boiling, pour some gravy over the chicken and put the rest in gravy boat and serve.

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### STEWED CHICKEN.—Mrs. Atherton.

Cut 4 or 5 slices of salt pork, put them in the stewpan and fry. Cut up the chicken, put it in and cook a few minutes with

the pork, then pour on a quart of hot water. Stew till the chicken is tender, then add 2 tablespoonfuls of flour, salt, a little mace and a cup of cream. Pour over slices of toasted bread.

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#### **JEWISH DISH.**—Miss Teuira Henry.

Take a chicken and fry it crisp in olive oil, sprinkling it with salt as in usual frying, and scattering into it some finely cut onion. Then turn the chicken into a saucepan and pour on boiling water, just enough to cover it; take the yolks of 2 hen eggs, mix them with a tablespoon of flour and water for thickening; squeeze in the juice of half a good lime, and add some pepper and more salt if needed. Add more or less lime also, according to taste, and let it simmer gently on the fire until nice and tender.

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#### **CHICKEN A LA MARINGO.**—Mme. Boueilch.

Cut up a very nice chicken and fry it in sweet oil with just a suspicion of garlic. Then chop some onion, another suspicion of garlic, giblets and a few mushrooms, and fry all with the chicken a little while. Put in a piece of fresh lemon or lime peel; add soup stock or hot water, the juice of 2 limes, some whole mushrooms, and cook till done. Throw the lemon peel away. After toasting some thin slices of bread, fry a golden brown in butter, lay them at the bottom of a dish and place the chicken on top with mushrooms around it. Add before serving, or while cooking, a large spoonful of "cocoanut juice."

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#### **CHICKEN OR TURKEY CROQUETTES.**

Chop the meat fine, chop half a middle-sized onion, fry with 1 ounce butter, add half a teaspoonful flour, stir for half a minute, then add the chopped meat and a little over a gill of broth, salt, pepper and a pinch of nutmeg; stir 2 minutes, take from the fire, mix 2 yolks of eggs with it, put back on the fire for a minute, stirring the while. Lastly, add 4 mushrooms chopped, or 2 truffles, or both, according to taste. Turn

the mixture into a dish, and when cool enough set it on the ice for an hour or two. Then shape the croquettes, dip in beaten egg, roll in bread crumbs and again set on ice till it is time to cook them, then fry in hot fat.

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### A GOOD CURRY SAUCE.

1 tablespoon butter	1 cocoanut
1 onion	A small piece green ginger
1 T. curry powder	1½ pints sweet milk

Grate the cocoanut and pour over it the milk, and let it stand for twenty minutes. Put into a saucepan the butter, mix into it the curry powder, with one tablespoon of flour, the onion grated, the gingerroot chopped fine, mix together and add the milk with the cocoanut strained out. Cook together until it is smooth and thick, stirring all the time. Season with salt and pepper and a little sugar. This sauce can be used for any kind of curry. Cold meat or chicken, shrimps or lobster. It is only necessary to heat the sauce with the desired ingredients added.

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### TO STEW WILD DUCK.—Mrs. C. H. Judd.

Shred thyme, savory and sage very small (dried thyme, savory and sage will do). Put them into some strong broth with a little pepper and salt, stew them together for  $\frac{3}{4}$  of an hour. Nearly roast the ducks; add the gravy that falls from them to the sauce. Quarter the ducks, put them with the strained sauce into a stewpan over the stove, and let them stew until done.

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### PIGEONS WITH PEAS.—Leon Dejean.

Cut the pigeons in halves, trimming them neatly. Put a spoonful or two of butter in a saucepan and when hot add the pigeons with  $\frac{1}{2}$  dozen cloves and 1 division of garlic. Keep the pot closely covered, and shake it frequently to stir pigeons. When you think they are done, uncover the pot and try them. If done take a can of peas, pour off all the water, and add the peas to the pigeons. Have ready on a platter some bread nice-

ly toasted, and when the peas are heated pour the whole over the toast and serve. No water is to be added. The pigeons cook in the butter and their own juices. Before serving them add salt if the butter and peas do not make the dish salt enough. One tin of peas is enough for 4 or 5 squabs. Cook rather slowly about 1 hour.

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### **CHICKEN POT PIE.**—Mrs. Van Cleve.

Cut up the chicken and put into a casserole that will cover very closely, layers of fowl and seasoning, salt, pepper, and if not very fat, a little butter; when full, put in a very little water and cover closely with a biscuit crust, not too rich, about 1 inch thick, then put on the cover and set in the oven. Bake slowly 2 or 3 hours, according to toughness and quantity. I have found this a good way to treat any meat that is not very tender.

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### **OYSTER STUFFING FOR FOWLS.**—Mrs. W. C. Parke.

Take a loaf of stale bread, remove all the crust and soften it with boiling water. Drain off all the water as soon as it is softened, and cover closely. When well softened, break up very fine the remainder of the loaf, add four tablespoons melted butter (or, if you wish to make it very rich, add eight spoonfuls), pepper and salt to season highly. Drain off all the liquor of a pint can of oysters, bring the liquor to a boil, skim, pour over the bread crumbs and add the soaked crusts. Beat in three eggs, mix thoroughly with the hands. If needed, add a little sweet milk. Last of all add the oysters, first putting in a spoonful of stuffing, then a few oysters, taking care not to break them, then stuffing in more oysters till the turkey is full. Stuff the breast first.

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### **MINCED TURKEY WITH POACHED EGGS.**

A very appetizing dish is made of cold boiled or roast turkey. Trim off all skin and most of the fat, especially that on the back; pick out the little tid-bits in the recesses. Cut off all that will not look neat when sliced cold. Season with salt and pepper and a tablespoonful or two of minced celery, chop up the meat,

put it in a pan with a little butter or turkey fat to prevent burning, and just a suspicion of onion. Moisten with little broth made from the turkey bones. Poach one or two eggs for each person; arrange the minced meat neatly on slices of buttered toast, place the egg on top and serve. The above mode of preparing a breakfast dish is not only economical, but produces one of the most delightful dishes that can be made. Almost any kind of boiled or roast meats and poultry or game can be utilized in this way.

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## VEGETABLES

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### POTATO PUFFS.—Mrs. Hascall.

Two cups of mashed potatoes beaten until creamy with 1 tablespoonful of butter, 1 cup of milk, 1 egg beaten light, salt to taste. Beat all thoroughly, pour into a buttered baking dish, and bake until brown. What is left from dinner is very nice cut in slices and fried for breakfast.

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### MASHED KALO.—Miss Sophie Emerson.

Wash and rub off all the rooty filaments and soil adhering to the kalo, and drop the clean root into boiling water. When tender, peel and mash with a long-tined fork. Sprinkle with salt and serve while steaming hot.

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### BAKED TARO.—Mrs. P. C. Jones.

Scrape all the outside off the taro, wash clean, and bake the same as potatoes. If the taro is large, cut in two lengthwise. Bake from an hour and a quarter to an hour and a half. When serving, do not cut with a knife, but gently press the taro with your hands and break it open. It will be mealy like a potato. Eat with salt and butter.

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### FRIED TARO.—Mrs. P. C. Jones.

Boil the taro with the skin on. When done, peel it as you



would a boiled potato. Cut it in slices, sprinkle with salt and fry in hot lard.

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### **TARO CAKES BAKED.**—Mrs. P. C. Jones.

Boil the taro until done, then when hot pound smooth, using as little water as possible. Mould with your hands into small cakes, put into a buttered pan and on top of each cake a little daub of butter. Bake until brown, and eat with butter. The children like them with butter and sugar.

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### **TARO CAKES.**—Mrs. W. H. Rice.

Pound the taro to the thickness of paiai (the stiffness of thick dough), nice and smooth, using as little water in so doing as possible, after which drop in a pinch of salt. Roll in flour. Be sure of always using the latter freely. Fry in hot fat, as in cooking doughnuts.

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### **LUAU.**

Put the young, tender taro leaves (luau) into hot water, and when they have boiled 10 or 15 minutes pour this water off through a colander and put in water and milk, and let it boil till the leaves lose their form and are very tender. Season with salt and butter.

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### **HA-HA.**

Take the inner stalk from a taro head, peel off the thin skin and put on to boil in hot water salted a little, and boil till tender. Then drain and lay the stalks on toast and pour over them drawn butter, sprinkling chopped hard-boiled egg on top, or chill and serve as salad with mayonnaise.

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### **STEWED BREADFRUIT.**—Mrs. Hiram Bingham.

Take the full-grown fruit before it is so ripe as to be sweet and soft; peel and cut into small pieces; boil in just sufficient salted water to keep from burning. When the breadfruit is about



cooked and the water nearly all evaporated, pour in milk made from the cocoanut. When thoroughly heated, it is ready for the table. Of course, the quantity of breadfruit and milk should be regulated by the number of persons for whom it is prepared. Breadfruit may be used in every way in which potatoes are used in potato-growing countries.

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### **BAKED BREADFRUIT.**—Miss Teuira Henry.

Pare off the skin of a breadfruit in the same stage as the above, cut it in half, lengthwise; then cut it partially into quarters lengthwise, from the outer side, leaving the two halves still complete. Wash the breadfruit well in water and place it in a baking pan, turning the outer parts upwards, pour in a small teacup of water to cause steam, and let it bake in the same manner as bread, sprinkling it if need be, after the water dries up, to keep it from burning. When a nice, crisp crust has formed, the breadfruit is cooked, which can easily be tested by seeing if a fork meets with an obstruction in pricking it through.

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### **STEWED BREADFRUIT.**

Fresh breadfruit is very nice in stews instead of potatoes, but it requires more boiling than the latter. Small pieces of it cut up into soup are also excellent. In either case the breadfruit must not be cooked first, but used raw.

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### **GREEN PAPAIA WITH ONIONS.**

Take a green papaia that is just maturing but not in the least turning yellow, peel it and wash off the milky sap, cut it open and scrape out the seeds. Slice up the fruit as thin as shavings and boil it in two waters, pouring on boiling water for the second time. When cooked, drain off the water, fry some onions, and turn the papaia into the frying-pan with them. Season with salt and pepper and a tablespoon of vinegar, and cover it over, letting it remain fifteen or twenty minutes upon the fire, turning it over occasionally with a spoon until all be well blended together.

The papaia will then be ready to serve.

**KOHL-RABI** (Chinese Turnip).—Mrs. Spencer.

This vegetable is found very often here now at the Chinese stands. Peel the roots, quarter, and cut them into thin slices. Boil in salted water until tender, then remove, and simmer a few minutes in the following sauce: a tablespoonful of butter, and a tablespoonful of flour cooked together (not browned). Add salt, white pepper, and nutmeg to taste. Thin it with boiling milk to the consistency of thick cream, and stir constantly until very smooth. Beat the yolks of one or two eggs, and whisk them into the sauce the last thing before serving.

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**EGG PLANT.**—Mrs. Spencer.

Boil whole, then turn out lengthwise into halves, take out the meat, and season lightly with salt, pepper, a bit of chopped onion add a little very finely minced cooked chicken, tongue, veal or ham. Return this mixture to the egg plant shells, and brown them in the oven, after sifting a few bread crumbs over them.

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**FRIED EGG PLANT.**

Peel and slice the egg-plant into thin slices, sprinkle with salt, and put between two plates with a weight on top. Leave for an hour or two. Dip in egg and breadcrumbs and fry in deep fat.

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**STUFFED EGG PLANT.**—Mrs. W. W. Hall.

One egg plant, 1 teaspoonful salt, 3 good sized tomatoes, 1 teaspoonful chopped onion,  $\frac{1}{4}$  teaspoonful nutmeg,  $\frac{1}{4}$  teaspoonful pepper, 1 tablespoonful of butter, bread crumbs. Cut a medium sized egg plant into halves and scoop out the center leaving a wall  $\frac{1}{2}$  inch thick. Chop the portion taken out, peel and chop the tomatoes and mince the two together, add the seasoning, return the mixture to the egg plant shells, sprinkle with bread crumbs and bake forty minutes in a moderate oven. This is excellent.

**BAKED EGG PLANT.**—Mrs. W. D. Alexander.

One pint steamed egg plant, 1 pint bread crumbs, 2 well beaten eggs, salt, pepper and butter. Mix and bake in the oven.

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**CREAMED LETTUCE.**—Mrs. Spencer.

Trim off the outside leaves, cut the heads into two parts (if large), boil in slightly salted water, press and drain thoroughly, and pour over them a rich, highly seasoned cream sauce.

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**CREAMED CABBAGE.**—Mrs. H. A. P. Carter.

Chop the cabbage as for cold slaw, boil it 20 minutes, then drain carefully and cover it with milk; cook it until tender, season it with salt, pepper, a little butter, and just before serving add the yolk of an egg beaten with cream.

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**COLD CREAMED CABBAGE.**—Mrs. Hascall.

Fill an ordinary vegetable dish with chopped cabbage, sprinkling a little salt and pepper through it. To 1 small cup rich milk (cream is better) add 1 tablespoonful butter, 2 tablespoonfuls sugar and boil. Take from the fire and stir into it 2 well beaten eggs. Set over the teakettle till it thickens like boiled custard. Then taking from the fire, add  $\frac{1}{2}$  cup vinegar and quickly pour it over the cabbage. Cover and put in a cool place. To be eaten cold.

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**BAKED TOMATOES.**—Mrs. Hascall.

Pour boiling water over and pare the tomatoes and slice a layer in the bottom of a well buttered baking dish. Sprinkle with bread crumbs, a little salt, pepper and sugar. Fill the dish with these alternate layers. (Some like a few slices of onion mixed with them.) Sift fine bread or cracker crumbs on top with some bits of butter. Cover and bake  $\frac{1}{2}$  hour, remove the cover, and when a nice brown it is ready for the table.

**BREAD CROQUETTES.**—Mrs. W. D. Alexander.

Chop the bread very fine, removing any hard or brown crust. soak with hot water, not too soft. To a pint bowlful of the bread allow a heaping teaspoonful of butter, 1 egg well beaten, salt, pepper, sifted sage to season well. Make into little cakes, dust in flour and fry a light brown. They are good without the egg, adding a rolled cracker with the seasoning.

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**GREEN CORN PUDDING**—Mrs. W. W. Hall.

Four ears of corn, two eggs, 1 pint of milk, butter size of an egg, three tablespoonfuls of flour, salt and pepper. Cut the lines of corn down with a sharp knife, then with the back of the blade scrape from the cob; this leaves the hull of the corn on the cob, taking only the inner part. Beat the corn pulp thoroughly with the other ingredients; pour into a baking dish and bake one hour. Serve as a vegetable.

This same mixture stewed is very good.

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**VEGETABLE SUCCOTASH**

5c. soup vegetables	1 cup raw rice
2 cups of water	Seasoning.
2 tablespoons butter	1 cube sugar.

Wash and cut up the vegetables in small dice. Put butter in saucepan, add the vegetables and cook without browning for ten minutes. Add the rice well washed, the seasoning and sugar, and the water boiling. Stir well, cover closely, and turn fire low. Cook for thirty-five minutes.

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**BREAD FRUIT.**

Pick the breadfruit when yellow. Stand in a cold place, with salt around the stem. Leave until it is a little withered looking and the skin brown. Remove stalk and bake one hour in moderate oven. Split open by hand remove core, and serve with butter, pepper and salt as a vegetable.

### HAWAIIAN LEEKS.

Wash and take the outside skin from the leaves. Cut off the root and some of the green, tie with a piece of cheese cloth and boil in salted water for forty-five minutes. Serve hot with butter or cream sauce poured over the white ends.

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### CARROTS WITH LUAU OR SPINACH.

Scrape a five cent bunch of carrots, and put through the coarse meat chopper. Boil in salted water, with a half teaspoon of sugar. Strain and add a teaspoon of butter, put in a hot dish, and around it put spinach or luau, prepared as follows: Wash the luau, and put into boiling water that has salt and a tiny pinch of soda in it. Boil for ten minutes and pour the water away, cover with boiling water and cook till tender. Strain and chop, adding a teaspoon of butter.

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### PEAS IN POD.

Half a pound of young green peas. Top and tail them, removing the strings without waste. Boil in salted water, fifteen to twenty minutes, strain, and add one teaspoon of butter and serve hot.

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### BOILED RADISH.

Peel radishes, and boil in salted water until tender, serve with cream sauce or brown gravy.

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### STUFFED PEPPERS.—Mrs. Spencer.

Take large, sweet green peppers, cut a hole in the stem end and remove stem and seeds. Stuff them with the same kind of force-meat that you would use for a turkey, put them into a baking dish with a little stock or water, and bake, basting occasionally. The peppers must be placed open end up in the dish. A simple stuffing of crumbs seasoned with butter, salt, pepper, onion and parsley, is also very nice, and so is sausage meat, mixed with bread crumbs.



### BAKED BANANAS.

(Use plantain or cooking bananas.)

Baked whole in the skins, remove the ends and bake twenty minutes. Serve in the skins like a potato.

Second Recepte.—Peel, slice in half lengths, place on buttered dish and lemon juice squeezed over them, and bake twenty minutes.

Third Recepte.—Slice, sprinkle with lemon juice and sugar and put in buttered baking dish with first a layer of crumbs, then a layer of bananas with a layer of crumbs on top, dot with butter and bake till brown. Serve with curried dishes.

### SALADS.

(Use sweet bananas). Sweet bananas cut in halves lengthwise, balls of cream cheese or cottage cheese sprinkled with chopped nuts between, the bananas dotted with mayonnaise.

Second recepte—Cut bananas in dice with equal quantities of chopped celery and a few chopped walnuts. Mix with mayonnaise and serve in half skins or on lettuce leaf.

Third Recepte—Cooking banana baked, cooled, skin removed and placed on lettuce leaf with mayonnaise and chopped nuts on top.

### BANANA DUMPLINGS.

Slice and cut in pieces with sugar and cinnamon, cover with pastry as for apple dumpling and bake twenty minutes. Serve hot with cream.

### BANANA CUSTARD.

Make a boiled custard and while hot pour over sliced bananas and let cool. A favorite with children.

### BANANA BROWN BETTY.

One cup of bread crumbs, one-half cup of brown sugar, two tablespoons butter, six bananas; put through potato ricer. Fill

a buttered baking dish, layer by layer with crumbs and fruit, dot with butter and bake thirty minutes.

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### **BANANA CREAM.**

One-half box lemon jello, four bananas, one-fourth cup of sugar, one-half pint of water, one-fourth pint of cream. Pour boiling water on jello, let cool, put bananas through ricer and mix with sugar. Whip cream and blend all ingredients. When lukewarm set on ice in fancy mould. Turn out when set and serve with lady fingers.

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### **FRIED BANANAS.**

(Use sweet kind) Slice in half lengths, dip in egg and bread crumbs and fry in deep fat.

Second Receipe—Cook in the fat after cooking ham or bacon for breakfast as you would cold potatoes.

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### **SLICED BANANAS.**—Mrs. P. C. Jones.

Take any kind of fully ripe bananas (excepting the plantain), slice quite thin, into a dish, sprinkle a little sugar and grate nutmeg over the top. Let this stand half an hour. Just before taking to the table add cream or milk. Nice for lunch or tea.

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### **BANANA SAUCE.**—Miss S. E. Emerson.

A delicious sauce may be made from almost any kind of mellow banana by peeling the fruit, and putting over the fire in a porcelain lined saucepan with a cup of sugar to every seven or eight bananas, also a cup of water. Lemon, orange or tamarind is then to be added to suit the taste.

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### **POI COCKTAIL.**

This is the accepted first meal after an attack of seasickness. Beat or shake well together one glass of milk and two tablespoonfuls of poi; flavor with salt, or with nutmeg or sugar, and serve very cold.



### BOILED TARO.

Cover with cold water and boil forty minutes in salted water. Slice and serve with butter.

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### FRIED TARO.

Take taro already boiled, cut in thin slices, dip in flour, pepper and salt and fry quickly in butter.

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### TARO CAKES.

Put boiled taro through a ricer, season with butter, pepper and salt, roll into balls and fry quickly in deep fat. Make the mashed taro into cakes while hot.

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### BEAN SPROUTS.—Mrs. W. D. Westervelt.

Boil in water till they are tender and when they are cold mix them with oil and salt. Serve with mayonnaise made with extra amount of lemon or vinegar.

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### A SIMPLE WELSH RAREBIT.—Mrs. P. C. Jones.

One tablespoonful of butter, 1 cup of grated cheese,  $\frac{1}{4}$  cup of milk. Melt the butter in a chafing dish or double boiler, add the cheese and milk and stir until the whole mass is creamy. Then add a dash of cayenne pepper and salt. Pour out at once on to thin toast or crisped crackers.

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### CHEESE FINGERS.

Roll thin some good pastry, cut into strips about four inches long and less than two inches wide. Strew each strip with grated cheese, season with salt and pepper, fold lengthwise and pinch the edges together, bake in a quick oven. Wash over with beaten egg and sprinkle powdered cheese upon top, then shut the oven door just long enough to glaze them, which

will only take a minute, then pile them log-cabin fashion on a hot napkin laid folded on a hot plate; eat at once as they are not good cold, but make a nice relish when well prepared.

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### **CRACKERS AND CHEESE.**—Miss Sara King.

Take Boston crackers, split them and spread well with butter, sprinkled liberally with grated cheese and bake in a quick oven.

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## **EGGS**

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### **OMELETTE.**

To every egg, add one tablespoon of hot water. Whites and yolks should be beaten separately. For a savory omelette add salt and pepper, a little onion juice if liked, finely chopped parsley or herbs. For a sweet omelette, sugar and flavoring as desired. Beat whites till the bowl can be turned upside down without them falling out. Beat yolks, and add the desired flavoring, mix thoroughly without beating and add the hot water. Melt a tablespoon of butter in the omelette pan, pour the mixture in, and cook steadily till set.

Fish, chicken, cheese, oysters or peas may be added. Either one should be heated with a little butter and put on the omelette before browning the top.

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### **CODDLED EGGS.**

Put the eggs into a bowl and pour over them boiling water. After a minute or two pour the water off, and again pour on boiling water. Cover the bowl and in three or four minutes they will be soft-boiled, a longer time in the water makes them harder. Eggs cooked this way are very delicious.

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### **DEVEILED EGGS.**—Mrs. Hascall.

Boil 6 or 8 eggs hard, lay in cold water until they are cold. Take off the shell, cut in halves, slicing a bit off the bottoms

to make them stand upright; extract the yolks and rub to a smooth paste with a little butter, salt, pepper, a very little mustard and just a dash of vinegar. Fill the hollowed whites with this, and send to table on bed of chopped cresses, seasoned with salt, pepper, vinegar, and a little sugar. Lettuce or white cabbage may be used instead of the water cresses.

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## YEAST AND BREAD

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### POTATO YEAST.—Miss Sophie Emerson.

Grate one good-sized potato, add to it one and a half heaping tablespoonfuls salt and three of sugar. On this mixture pour one pint of boiling water, stir it up, set it away till lukewarm or cool, then add a tablespoonful of yeast. Pour into a large-mouthed glass jar. In 24 hours it will have risen and be fit to use. In a warm climate this yeast must be made every six or seven days. If there is no potato at hand, a small-sized kalo will do instead. In this case the grated Kalo, the salt and the sugar must be set over the fire in a porcelain-lined saucepan, and with the pint of boiling water poured in, allowed to boil up gently—just a minute and no more.

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### BROWN OR GRAHAM BREAD.—Miss S. E. Emerson.

To have a loaf risen and ready to bake by the morning fire, about 9 o'clock in the evening sift into an earthen bowl one-third of a quart of white flour and two-thirds of a quart of brown or Graham flour, the latter unsifted. Give the yeast jar a shake and pour into this flour 2 large spoonfuls of light yeast. Then stir in either milk or water slowly and a little at a time, till you have a batter thick enough to knead. If you have a sweet tooth, add a little brown sugar or molasses; lacking the latter, honey may be used. Now set away your stiff batter, well covered up, and attend to it the first thing in the morning, when, if it is risen, stir well or cut with a knife till the air cells are broken, and drop into a well oiled bread tin. Wet a spoon in water and smooth off the top a little and set

away by the stove to rise. It may take over an hour to rise, but often less time will do it. When you see it has risen, and the surface is slightly cracked, set the loaf into a slow oven and bake steadily. It must be borne in mind that brown bread requires a much longer time to bake than does a corresponding loaf of white bread.

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#### **PARKER HOUSE ROLLS.**—Mrs. Hyde.

Two quarts of flour; make a hole in the center and put in 1 tablespoonful sugar, butter size of an egg, 1 pint of milk (boiled, but cold),  $\frac{1}{2}$  cup yeast. Stir, and let it rise over night. In the morning knead 15 minutes. Let it rise till 2 p. m., then roll thin and cut round; put a little butter on one half and double over. If made in the morning, let it rise till noon; then knead 15 minutes and let it rise till 2 p. m.

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#### **PENNSYLVANIA RUSK.**—Mrs. M. P. Chamberlain.

Two pounds flour, 1 pint of good new milk, 2 tablespoonfuls of good yeast. Set the sponge to rise over night. Early in the morning add a little salt, 2 large spoonfuls of sugar (either white or brown), 3 large spoonfuls of butter, 2 well beaten eggs, and half a nutmeg; add flour till it is of the consistency of bread dough. Knead well for fifteen or twenty minutes, and set it to rise again. When risen, mould into cakes as large as a hen's egg, place in pans and set to rise again. When well raised, beat the white of an egg with a little white sugar and brush them over the top. Bake fifteen or twenty minutes in a quick oven.

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#### **BROWN BREAD.**—Mrs. J. O. Carter.

Two cups of sour milk, 1 cup molasses, 2 cups of Indian meal, 1 cup flour (coarse preferred),  $1\frac{1}{2}$  teaspoonfuls soda; add a little salt, and steam for 3 hours.

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#### **NICE BREAD.**—Mrs. J. M. Cooke.

There must be good yeast. Into 3 quarts of sifted flour rub 1 large spoonful of lard, the same of sugar, and a tea-

spoonful of salt, 1 small cup of yeast in water or milk, and water enough to make a stiff batter, cover and let it rise over night. In the morning work in flour enough to mould up, using as little as possible, and have it free from the hands. Allow it to rise in a warm place till it is light, then divide it into 3 loaves, handle lightly and put it in pans. When light bake 1 hour in a moderate oven. When removed from the pans stand on the side to cool.

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**BREAD FROM WHOLE WHEAT FLOUR.**—Mrs. Cornelia Damon.

This is made just like any other bread only for white flour is substituted whole wheat flour in proportion of two parts whole wheat flour to one of white flour. A little sweetening as for Graham bread is liked by most every one, say three tablespoonfuls of sugar to a quart of flour. This is a matter of taste.

Bread is delicious baked in cylindrical tins; it gives a nice tender crust all over, and preserves the sweetness of the loaf; the large-sized baking powder tins is a good size. When ready to form your loaves put the sponges into the tins, filling them about two-thirds or three-fourths full—experience will have to teach this—set them aside like loaves till light enough to bake, then put the covers on and bake, standing the tins in the oven three-quarters of an hour. The oven must be steady and moderate.

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**GRIDDLE SCONES.**—Mrs. Donald MacIntyre.

Two breakfast cupsful flour, 3 large teaspoons baking powder (Royal), 2 small teaspoons sugar, 1 small teaspoon salt, 1 tablespoon butter, 1 breakfast cup milk.

Sift flour, sugar, salt and powder into a basin. Melt the butter and add it to the milk, mix all together into a soft smooth dough, roll out to an equal thickness about  $\frac{1}{2}$  inch, divide into eight equal parts or any style preferred. Bake on a hot plate or griddle, turning them occasionally till ready. Or bake them in a very hot oven. An egg added to the milk is an improvement.

**DELICIOUS ROLLS.**—Mrs. W. D. Alexander.

A little over 1 quart of milk, 4 tablespoonfuls butter, 3 tablespoonfuls sugar, 2 teaspoonfuls salt,  $\frac{1}{2}$  cup fresh yeast, (made overnight). Make sponge about 10:30 p. m.; all flour worked in at 6:30 a. m. This makes four dozen rolls.

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**SALADS****LOBSTER SALAD.**—Mrs. Hyde.

The yolks of 2 raw eggs beaten with the yolks of 2 hard-boiled eggs mashed fine. Add, gradually, 1 tablespoonful made mustard, 5 tablespoonfuls melted butter or salad oil, 1 teaspoonful salt, pepper to taste, and  $\frac{1}{2}$  cup vinegar. Beat the mixture a long time, then add a cup of thick cream. If desired, add brown sugar and lime juice, about a teaspoonful of sugar. Take the small, crisp inside leaves of lettuce that has been kept a long time on the ice. Lay a row of them round the salad dish, put the lobster in the center, pouring over it a part of the dressing. Then lightly tearing the remainder of the crisp lettuce, put it on top of the lobster, pouring the remainder of the dressing over it. Garnish with the coral of the lobster and 2 hard-boiled eggs cut in rings.

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**COLD SLAW DRESSING.**—Mrs. P. C. Jones.

Beat 2 eggs in a bowl that will fit in the top of a teakettle, add 4 large spoonfuls of water and 4 of vinegar mixed, an even teaspoonful of salt and 1 of sugar, butter size of a small egg. Place the bowl in the teakettle and stir until thicker than boiled custard; then strain and leave it to cool. This dressing is very nice on raw tomatoes.

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**POTATO SALAD.**—Mrs. W. D. Alexander.

Peel and chop boiled potatoes and mix with them a grated onion. Make a dressing of half a cup vinegar, a tablespoon



butter, pepper and salt to taste and a teaspoon of mustard. Stir the dressing over the fire until very hot. Pour over the potatoes, mixing carefully. Set on ice. This is a good dressing for aligator pears, prepared as above.

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#### **FRENCH SALAD.**—Mrs. W. F. Allen.

Take the fresh tender leaves from a five-cent head of lettuce. Wash and drain them, then lay them lightly in a cloth on ice until needful for use, then break them in pieces small enough to eat easily with a fork. Dress with 2 dessert spoons of oil well shaken through them, a tablespoon of powdered sugar and pepper. Take the salt you need in your salad spoon and dissolve it with the vinegar, about a tablespoonful if not too strong, and turn over, shaking all well together with salad fork and spoon.

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#### **CHEESE SALAD.**—Mrs. P. C. Jones.

Two tablespoonfuls of grated cheese, 1 cup of whipped cream,  $\frac{1}{2}$  tablespoonful of gelatine dissolved in hot water, a little mustard, salt and cayenne. Mix well and put into cups to form. Serve on crisp lettuce leaves with French dressing.

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#### **FISH SALAD.**—Mrs. A. Gartley.

To one cup fish which has been boiled and picked, add 1 cup chopped celery, 3 hard boiled eggs chopped, pepper and salt, and mix with mayonnaise.

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#### **FRENCH DRESSING.**

Take a large slice of onion, put in bowl and add  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 2 tablespoons vinegar, 4 tablespoons olive oil, and  $\frac{1}{2}$  teaspoon Worcestershire sauce and about 3 or 4 tablespoons tomato catsup. After all is thoroughly mixed the onion can be taken out or left in if desired.



## BREAKFAST AND TEA CAKES

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### GRAHAM MUFFINS.—Miss Julie Beckwith.

One egg,  $\frac{1}{2}$  cup sugar, piece butter size of an egg, 1 cup milk, 3 teaspoonfuls baking powder, Graham flour to make a batter thick enough to drop in rings without spreading. Thoroughly mix the baking powder with the meal, melt the butter and mix with the sugar and egg, add the milk and gradually stir in the meal, and drop in muffin tins and bake twenty minutes.

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### BREAKFAST PUFFS.—Mrs. Frear.

Three eggs, 3 cups sifted flour,  $2\frac{1}{2}$  cups milk and a little salt. Beat the eggs very light, add 2 cups of milk and the salt, stir the flour in lightly with the egg-beater, add the  $\frac{1}{2}$  cup of milk, and bake in hot, buttered gem irons. For Graham gems, use 2 eggs, 1 pint of milk, 1 pint wheat meal and otherwise make as above.

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### POP-OVERS.—Mrs. Dr. Raymond, Kau.

One cup milk, 1 cup flour, 1 egg well beaten, a piece of butter size of a nutmeg. Stir well together and drop into hot gem pans, well buttered. Bake in a hot oven 20 minutes, and they are delicious breakfast cakes.

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### NETTIE CAKES.—Miss Hattie Judd.

Two eggs, 2 cups milk, 2 cups flour, 1 cup Indian meal, 1 teaspoonful soda, a little salt. Fry them  $\frac{1}{4}$  inch thick, or bake in cups.

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### SIMPLE MUFFINS.—Mrs. P. C. Jones.

One quart of flour, 1 pint of warmed milk, 1 teaspoonful of salt, 1 egg, butter size of an egg and 4 tablespoonfuls of yeast.

Mix and beat hard a few minutes. Mix at night and in the morning drop in buttered cups, and let it stand from 20 to 30 minutes, or until well risen, then bake. For tea mix at 9 in the morning, and let it stand all day.

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### **HOMINY CAKES.**—Mrs. Hascall.

Two cups cold boiled hominy (fine), 1 cup of flour, a little salt, 1 tablespoonful sugar,  $1\frac{1}{2}$  teaspoonfuls yeast powder. Milk to make ordinary pancake batter—about  $1\frac{1}{2}$  cups.

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### **SQUASH CAKES.**—Mrs. Hascall.

To about 2 cups of cold boiled squash left from dinner, add 2 eggs, 1 tablespoonful sugar, a little salt, 1 tablespoonful butter, 1 small cup milk,  $\frac{1}{2}$  teaspoonful soda. Flour to make rather a stiff batter. Fry as griddle cakes.

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### **CORN CAKES.**—Mrs. W. F. Allen.

One pint of grated corn, 1 cup of milk, 1 egg, pepper, salt, 1 cup flour, a piece of butter the size of an egg. Fry on a griddle.

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### **WAFFLES.**—Mrs. Hascall.

Two cups milk, 2 eggs, 3 cups flour, 1 tablespoonful butter, 3 teaspoonfuls of baking powder, 1 saltspoonful salt. Sift the cream tartar into the flour, dissolve the soda in a little hot water, beat the eggs very light; add the flour the last thing. Fry on a hot iron.

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### **RAISED BISCUIT.**—Mrs. Dr. Kittredge.

One pint milk, 1 tablespoon sugar, 1 teaspoon salt, 1 tablespoon butter, 1 cup yeast, flour enough to make a stiff batter. Let it rise over night. In the morning early make stiff with flour and knead well on board. Put back in the bowl for a second rising. When very light, roll and cut in cakes half an

inch thick. Let them rise half an hour, then bake. Cover the cakes with a cloth as soon as baked to keep them moist.

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### **CORN BREAD.**—Mrs. J. B. Atherton.

One cup flour, 2 cups corn meal,  $\frac{1}{2}$  cup sugar, 2 eggs, 1 teaspoon butter, 2 cups sour milk, 1 teaspoon soda.

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### **BAKED RICE CAKES.**

One pint of sweet milk, 1 cup of soft-boiled rice, 3 eggs, 1 spoonful of yeast powder, 1 spoonful of melted butter. Thicken with flour for a stiff batter. Bake in gem pans.

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### **CORN POP-OVERS.**—Mrs. J. D. Brewer.

One pint sweet milk scalded; stir into the hot milk a coffee cup of corn meal, a piece of butter half the size of an egg, a little salt, 3 eggs well beaten and stirred in the last thing. No soda.

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### **GERMAN BREAKFAST CAKES.**—Mrs. Dr. Whitney.

Two cups bread sponge,  $\frac{1}{2}$  cup sugar, 1 tablespoonful lard or butter, 1 cup milk. Work together, roll it out and bake in a pie tin. White hot, spread the top with butter, as much sugar as it will hold and sprinkle ground cinnamon over all.

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### **GOOD JOHNNY CAKE.**—Mrs. W. D. Alexander.

One cup buttermilk, six tablespoonfuls Indian meal, 2 tablespoonfuls of dried bread crumbs sifted, a large tablespoonful of flour, one or two eggs, a small teaspoonful of soda and a little salt. If sour milk is used instead of buttermilk, add a little cream or butter.

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### **GRIDDLE BREAD.**—Mrs. A. F. Judd.

Roll dough (all ready for the oven) out rather thin, cut in

diamond shape and broil on gridiron like steak. Eat hot with butter. Good for campers out.

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**GERMAN BUTTER CAKES.**—Mrs. H. W. Schmidt.

Two cups of butter,  $\frac{1}{2}$  cup sugar, 1 tablespoonful butter, 2 eggs, 1 teaspoonful baking powder. Bake in a shallow pan, the cake to be  $\frac{1}{2}$  inch thick before baking. Before putting it in the oven scatter lumps of butter over the top, pressing them into the cake. Over this spread a cup of sugar mixed with a teaspoonful of cinnamon.

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**FRIED BREAD.**—Mrs. John Wilder.

Dip slices of stale bread in hot water, make a batter of 1 quart sour milk, teaspoonful soda, butter the size of an egg, 2 eggs. Melt the butter before putting it in. Take the bread from the water, dip in batter and fry in hot lard.

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**APPLE FRITTERS.**—Mrs. Bray.

Make a batter with one cup sweet milk, one teaspoonful sugar, 2 eggs, whites and yolks beaten separately, two cups flour, one teaspoonful baking powder mixed with flour. Chop some good tart apples, mix in the batter, and fry in hot lard. Serve with maple syrup.

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**GRAHAM GEMS.**—Mrs. Spencer.

One cup of Graham flour, 1 egg, 1 cup of sweet milk, a pinch of salt, a small lump of butter in each compartment of the pan (which must be iron). Let the pan heat on the stove before putting in the butter and batter. Bake 10 minutes in a hot oven.

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**SNOW-BALL BISCUITS.**—(A Southern Recipe).—Mrs. Woodruff.

Four cups of flour, 3 tablespoonfuls of butter. Mix quickly with the hands. Sift 4 tablespoonfuls of baking powder into

this and stir till thoroughly mixed, then add  $1\frac{1}{2}$  cups of milk. Roll out about 1 inch; bake in a quick oven.

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**CORN BREAD.**—(A Southern Recipe).—Mrs. Woodruff.

One cup of sweet milk,  $\frac{1}{2}$  cup of sour milk, 2 eggs, 1 cup of sugar,  $\frac{1}{2}$  cup of butter,  $\frac{1}{2}$  cup of flour,  $1\frac{1}{2}$  cups of white corn meal, 2 teaspoonfuls of baking powder. Bake in a quick oven.

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**CORN MUFFINS.**—(A Southern Recipe).—Mrs. Woodruff.

Four ounces of butter, 4 ounces sugar, 1 pint of milk, 1 pint of corn meal, 1 pint of wheat flour, 2 eggs, 4 teaspoonfuls of baking powder. Mix well and bake in gem pans in a quick oven.

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## CAKES

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**HARTFORD ELECTION CAKE.**—Mrs. Charles Grey.

One pound of flour,  $\frac{1}{2}$  pound butter, 10 ounces sugar,  $\frac{1}{2}$  pint milk, 1 cup yeast, 1 egg,  $\frac{1}{2}$  pound raisins,  $\frac{1}{2}$  teaspoonful soda, 1 teaspoonful mace. At night take  $\frac{1}{2}$  of the sugar,  $\frac{1}{2}$  of the butter, all of the flour, milk and yeast; mix and set in warm place to rise. In the morning add the rest of the sugar and butter. Warm the butter before using, and stir thoroughly. Add soda, mace, egg and raisins, and let it stand in a warm place, after being put into the pans to rise a little.

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**COCOANUT CAKE.**—Mrs. T. G. Thrum.

Two cups of powdered sugar,  $\frac{1}{2}$  cup of butter, 3 cups of flour, 3 eggs, 1 cup of milk, 3 teaspoons of baking powder. Bake as for jelly cake.

**Filling**

One grated cocoanut; to  $\frac{1}{2}$  of this add whites of 3 eggs beaten to a froth, and 1 cup of powdered sugar. Put this between the layers.

**CORN STARCH CAKE.**—Mrs. C. M. Hyde.

Four eggs, 1 cup butter,  $1\frac{1}{2}$  cups sugar,  $1\frac{1}{2}$  flour,  $1\frac{1}{2}$  corn starch,  $\frac{1}{2}$  cup milk, 2 teaspoons baking powder.

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**NUT CAKE.**

One cup of sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 1 cup walnuts chopped fine, 1 cup raisins, 2 eggs,  $\frac{1}{2}$  teaspoon soda and 1 teaspoon cream tartar, and 2 cups flour. Frost the cake and ornament the top with walnuts smoothly cut into halves.

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**ORANGE CAKE.**—Mrs. J. O. Carter.

Two cups sugar, 2 cups flour, 1 small cup butter,  $\frac{1}{2}$  cup water, yolks of 5 eggs, whites of 3 eggs, 2 teaspoons of baking powder, pinch of salt, grated rind of 1 orange and nearly all the juice. Beat yolks and sugar together, then add whites well beaten. Bake in jelly tins.

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**Filling.**

Beat whites of 2 eggs, add juice and rind of 1 orange and enough sugar to make thick enough to spread, and put the cake together with this like any layer cake.

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**MAINE PLUM CAKE.**—Mrs. Dr. Raymond, Kau.

One pound each of butter, sugar and flour, 1 pound raisins, 2 pounds currants,  $\frac{1}{2}$  pound citron, 1 teaspoon powdered cloves,  $\frac{1}{2}$  teaspoon mace and 1 nutmeg, juice and rind of 1 lemon, 10 eggs,  $\frac{1}{2}$  cup molasses. Beat butter to a cream and add the sugar; beat whites and yolks separately and add to butter and sugar. Then by degrees put in two-thirds of the flour, in which 2 teaspoons of baking powder have been thoroughly mixed. Add all the remainder of the ingredients and stir fast for a few minutes. This will make two good loaves, and bake in moderate oven 1 hour.

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**CLOVE CAKE.**—Mrs. W. D. Alexander.

One pound flour (3 cupfuls), 1 pound sugar, (2 cupfuls),  $\frac{1}{2}$



cup butter, 1 teacup of cream, 1 cup raisins, 1 tablespoonful of cloves, 1 tablespoonful of cinnamon, 1 nutmeg, 4 eggs, 1 teaspoonful soda.

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### ONE EGG CAKE.—Mrs. A. F. Judd.

One egg, 1 large spoonful butter, 1 cup sugar (ordinary size),  $\frac{2}{3}$  cup milk, 2 cups flour only just to top, 3 teaspoons baking powder in the flour. Mix with egg-beater the egg, butter and sugar together. Then put in the milk, then the flour, as in sponge cake. Beat it *well*. Flavor—fix up with cocoanut or cocoanut and jelly.

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### RAISED CAKE.—(Micronesian Receipt).—Mrs. H. Bingham.

One and one-half cups sugar,  $\frac{1}{2}$  cup butter (small),  $\frac{1}{2}$  cup cocoanut or condensed milk, one full cup bottled cocoanut toddy,  $5\frac{1}{2}$  cups flour, a little soda, raisins and spice as you like. Let it rise and bake when light, usually after a longer time than the bread.

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### DELICATE CAKE.—Mrs. Hascall.

One cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  cup milk, 2 cups flour, whites of 5 eggs, 2 teaspoons of baking powder. Flavor with almond.

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### ICE CREAM CAKE.—Mrs. J. G. Dickson.

Take  $\frac{1}{2}$  cupful of butter, 2 cupfuls of sugar, 3 of flour, sifted, and 1 of milk, the yolks of 3 eggs, the white of 1 egg, and  $1\frac{1}{2}$  teaspoonfuls of baking powder. Use the whites of 2 eggs for the icing. Boil 2 cupsful of sugar in a small  $\frac{1}{2}$  cupful of hot water; keep stirring until it boils; boil just 10 minutes; pour this, while boiling hot, on the eggs, beaten light; beat until stiff and cold, adding 1 teaspoonful of vanilla. Wet a broad steel knife by dipping in water, then smooth the icing with it. Bake the cake in three jelly cake pans. When cold, spread the icing between.



**CREAM CAKE.**—(Or Washington Pie).—Mrs. E. C. Damon.

One cup sugar, 1 cup flour, 3 eggs, 2 teaspoons baking powder. Stir the above together without beating the eggs. Add 2 teaspoons milk last; then put in the oven. Bake in a round, shallow pan, and split it when the cream is put in.

**Cream.**

Half cup sugar,  $\frac{1}{4}$  cup flour, 1 egg. Beat these together and stir into  $\frac{1}{2}$  pint hot milk, and cook as for custard.

**COCOANUT CAKES.**—Miss M. A. Chamberlain.

One pound of cocoanut,  $\frac{1}{2}$  pound sugar (white powdered), and 1 tablespoonful of flour. Take the brown skin off the nut, wash it, dry and grate it. Mix the sugar and flour with it, and work all well together. Make out in little balls, place them on tins, and bake in a moderate oven.

**MINNE-HA-HA CAKE.**—Mrs. H. J. Herrick, W. Levant, Me.

One and a half cups sugar,  $\frac{1}{2}$  cup butter stirred to a cream. Whites of 6 eggs or 3 whole ones, 2 teaspoons baking powder, 2 heaping cups flour,  $\frac{1}{2}$  cup sweet milk. Bake the cake in 3 layers. For filling between the layers, take 1 cup sugar and a little water, boil together till brittle when dropped into water, remove from the stove and stir quickly into the well beaten white of 1 egg. Add to this a cup of stoned raisins chopped fine, or 1 cup of hickory nuts chopped fine. Put between the layers and on top of the cake.

**MEASURED POUND CAKE.**—Mrs. T. H. Hobron.

One coffee cup sugar,  $\frac{1}{2}$  cup butter, 5 eggs,  $1\frac{1}{3}$  coffee cups flour,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream tartar.

**SUGAR COOKIES.**—Miss Fidelia Lyons.

One cup butter, 1 cup sugar, 1 egg, nutmeg for spice, 1 cup

sweet milk, 1 teaspoon cream tartar,  $\frac{1}{2}$  teaspoon soda. Use flour enough to roll, and bake quick.

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**CREAM SPONGE CAKE.**—Mrs. Dr. Raymond.

Break 2 eggs into a cup and fill up with sweet cream, and beat in a bowl; then add 1 cup sugar, 2 cups flour,  $1\frac{1}{2}$  teaspoons baking powder. Flavor with lemon.

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**DOLLY VARDEN CAKE.**—Mrs. Helen G. Alexander.

One cup sugar and  $\frac{1}{2}$  cup butter beaten to a cream, 2 cups flour, 2 teaspoons baking powder, sifted, whites of 3 eggs beaten to a froth,  $\frac{1}{2}$  cup sweet milk, lemon. While this cake is baking in a tin lined with paper extending an inch above the edge of the tin, beat the yolks with enough powdered sugar to make a frosting, and while the cake is hot and still in the pan, put this frosting on and set in a dark place to harden.

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**FIG CAKE.**—Mrs. E. O. Hall.

**WHITE PART.**—Two cups flour, 1 cup corn starch, 1 cup sweet milk, 2 cups sugar, 1 cup butter, whites of 6 eggs, 1 teaspoon baking powder.

**DARK PART.**—Two cups flour, 1 cup cornstarch, 1 cup water 1 cup butter, 2 cups sugar, 2 cups raisins finely chopped, 4 eggs, 1 teaspoon baking powder, cloves and cinnamon and other spices to taste. Half of the above quantities will make two good sized loaves of cake. Take 2 dozen pressed figs, sliced thin. Bake in pans with layers of dark and light and layers of figs between, after having rolled the figs in flour.

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**FEATHER CAKE.**—Miss Fidelia Lyons.

One cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 2 cups flour, 1 egg, 2 teaspoons baking powder, sifted into. Bake in a loaf. Nutmeg for spice.

**ROLLED JELLY CAKE.**—Mrs. T. H. Hobron.

One and one-half cups sugar, 1 cup milk, 2 cups flour, 3 eggs, 2 teaspoons baking powder. Spread jelly over the cake when hot, and roll in a damp napkin.

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**CENTRAL UNION CAKE.**—Mrs. T. H. Hobron.

Two cups sugar, 1 small cup of butter, 3 cups of flour,  $\frac{1}{2}$  cup of corn starch, 3 teaspoons of baking powder,  $1\frac{1}{2}$  teaspoons lemon, 4 eggs or whites of 6, 1 cup of sweet milk.

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**SPONGE CAKE.**—Mrs. Mary E. Nott.

Five eggs, 1 large coffee cup white sugar, in 1 large coffee cup sifted flour. Lemon. Butter the pan, sift and measure the flour, pulverize and measure the sugar so that everything may go quickly together. Beat the yolks light, add the sugar and lemon, then the whites beaten to a stiff froth. Lastly the flour. Mix lightly and bake in a quick oven. It never fails.

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**FRUIT CAKE.**—Mrs. T. W. Everett.

One pound of flour, 1 pound of sugar, 1 pound butter, 2 pounds currants, 2 pounds raisins,  $\frac{1}{2}$  pound citron, 12 eggs,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{4}$  nutmeg,  $\frac{1}{4}$  teaspoon mace,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{8}$  teaspoon cloves.

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**SILVER CAKE.**—Mrs. Furneaux.

Two cups sugar, 1 scant cup butter, whites of 7 eggs, 3 teaspoons baking powder, 2 cups flour, 1 cup milk, 1 scant cup corn starch. Flavor.

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**DRIED APPLE CAKE.**—Mrs. H. J. Herrick.

Two cups dried apples, 2 cups molasses, 1 cup sweet milk,  $\frac{1}{2}$  cup butter, 2 teaspoons soda, cloves, nutmeg and cinnamon,  $\frac{1}{2}$  teaspoon each. Soak the apples over night, chop fine, boil

in the molasses and add the other ingredients when cool, Flour to make as stiff as soft gingerbread.

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**MOUNTAIN CAKE.**—Mrs. T. W. Everett.

One cup of sugar, 2 eggs,  $\frac{1}{2}$  cup butter,  $\frac{3}{4}$  cup milk, 2 cups flour, 2 teaspoons baking powder. Flavor with nutmeg.

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**SNOWFLAKE CAKE.**—Mrs. E. C. Damon.

Three eggs,  $1\frac{1}{2}$  cups sugar,  $\frac{3}{4}$  cup butter,  $\frac{1}{2}$  cup milk, 2 cups flour, 2 teaspoons baking powder. Bake in jelly-cake tins. Whites 2 eggs,  $\frac{3}{4}$  cup of sugar, beaten together. Frost each layer and sprinkle with grated cocoanut.

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**BOSTON CREAM CAKES.**—Mrs. T. G. Thrum.

Half a pound of butter,  $\frac{3}{4}$  pound of flour, 8 eggs, 1 pint water. Stir the butter into the water, which should be warm, set on the fire in a saucepan, and slowly bring to a boil, stirring often. When it boils, put in the flour and boil 1 minute. Take from the fire and let it get cool. Beat the eggs very light, and beat into the cool paste, first the yolks, then the whites. Drop in tablespoonful upon buttered paper, and bake 10 minutes.

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**CREAM.**

One quart milk, 4 tablespoonfuls constarch, 2 eggs, 2 cups sugar. When boiled, add a lump of butter and set the custard aside to cool. Add vanilla, pass a sharp knife around the puffs and fill.

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**BRIDE CAKE.**—Mrs. A. J. Cartwright.

One pound white sugar,  $\frac{1}{2}$  pound butter, 1 pound flour, whites of 16 eggs, beaten to a stiff froth. Flavor with rose.

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**ALMOND CAKE.**—Mrs. Furneaux.

One cup powdered sugar, half cup butter,  $1\frac{1}{2}$  cups flour, half

cup milk, whites of 3 eggs, 2 teaspoons baking powder. One cup almonds blanched and chopped. Little extract of almond.

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#### **FRUIT CAKE.**—Mrs. Furneaux.

One and a half cups butter,  $1\frac{1}{2}$  cups sugar, 1 cup maple syrup or good molasses, half cup milk, 5 cups flour, 5 eggs, 2 pounds chopped raisins, 3 pounds currants,  $1\frac{1}{2}$  pounds citron, 1 nutmeg, 2 tablespoons cinnamon, 2 tablespoons allspice, 2 teaspoons of cloves, 2 teaspoons of soda. Mix thoroughly and bake in a moderate oven, one and a half hours.

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#### **FRENCH CAKE.**—Mrs. Atherton.

Half cup butter, 2 cups sugar,  $3\frac{1}{2}$  cups flour, 1 cup milk, 4 eggs, 3 teaspoons baking powder. Flavor with lemon.

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#### **RIBBON CAKE.**—Mrs. Hascall.

One cup sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour, whites of 2 eggs,  $1\frac{1}{2}$  teaspoons full baking powder. Flavor with almond. Bake in a long shallow tin. In another, same size, bake the following: 1-3 cup brown sugar, 1-3 cup molasses, 1-3 cup of butter, 1-3 cup milk,  $1\frac{1}{2}$  cups flour, yolks 4 eggs, 1 teaspoonful each cinnamon, cloves and nutmeg, half teaspoonful soda, half cup raisins, seeded and chopped, half cup citron sliced, half cup dried currants. Mix about 2 tablespoons of flour with the fruits before adding to the other ingredients. One teaspoonful vinegar added last. Bake in a moderate oven. When cool, cover the top with icing flavored with lemon; and while it is soft, lay the white cake on top of it, then cover the loaf thus formed with icing.

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#### **COCOA CAKES.**

One cup sugar, 1-3 cup butter, half cup milk, half cup flour, half cup cornstarch,  $\frac{1}{4}$  cup cocoa, 3 teaspoonfuls baking powder, half teaspoonful vanilla; cream eggs, sugar and butter, add milk

and flour and cocoa and powder sifted. Bake in gem tins in moderate oven.

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### DOVER CAKE.

One lb. flour, 1 lb. sugar, half cup butter, 1 cup milk, 6 eggs, 2 teaspoonfuls baking powder.

### Caramel Filling.

One lb. sugar, 1 cup milk, butter size of an egg. Cook until thickened.

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### DOUGHNUTS.

One lb. sugar, 1 pint warm milk, 8 tablespoonfuls melted butter, 1 teaspoonful baking powder, a teacup yeast, 3 eggs, spice to taste. Flour to make batter to stand a spoon. When light roll out and fry in boiling fat.

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### COCOANUT CAKE.—Mrs. Tracy.

One-half pound of powdered sugar,  $\frac{1}{4}$  lb. of butter, creamed with the sugar, 2 cups of flour, 3 eggs, whites and yolks beaten separately, half of grated or dessicated cocoanut soaked in 1 cup of milk, 1 teaspoonful of soda. Bake in shallow pans and spread the cake with cocoanut; let the top layer be cocoanut.

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### COCOANUT PUFFS.—Mrs. E. O. Hall.

Grate 2 cocoanuts very fine. Take same weight of sugar. Add white of 1 egg well beaten. Bake in little drop cakes.

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### ANGEL FOOD.—Mrs. B. H. Austin.

The whites of 11 eggs, 1 cup powdered sugar, 1 cup flour, 1 teaspoonful baking powder. Sift the flour three times. Mix thoroughly with the sugar, add baking powder, and lastly the stiffly beaten whites of the eggs, and bake in a quick oven in a tin which leaves a hole in the center of the cake.



**SPLENDID FRUIT CAKE.**—Mrs. B. H. Austin.

One pound white sugar, 1 pound butter, 1 pound flour, 2 pounds raisins, 2 pounds currants, 1 pound citron, half ounce nutmeg, half ounce mace, half ounce cinnamon, 1 cup of molasses or syrup, 12 eggs. Dredge the fruit with a part of the flour before adding it to the other ingredients. Bake in a slow oven three hours, if in one large cake, and if convenient let it remain in till the oven is cold.

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**CRULLERS OR TWIST CAKE.**

Two cups of sugar, 1 cup sour cream, 1 tablespoon of butter, 3 eggs, half spoon soda, pinch of salt and 1 grated nutmeg. Boil in hot lard.

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**HARD GINGERBREAD.**—Mrs. J. B. Atherton.

One cup sugar, 1 cup molasses, half cup butter or lard dissolved in half a cup of hot water, 1 tablespoon ginger, 2 eggs. Flour enough to roll thin. Cut into strips.

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**COOKIES.**

Two cups sugar, 1 of butter, 3 eggs, half teaspoonful of soda, dissolved in a small cup of sweet milk, 1 grated nutmeg. Roll thin, and bake in a mould, in a moderate oven. These will keep crisp a long time in a covered stone jar.

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**GOOD GINGERBREAD.**—Mrs. H. A. P. Carter

One-half cup butter, 3 cups molasses,  $\frac{1}{2}$  cup cream, 5 cups flour, 3 eggs, 1 spoonful soda, and ginger to taste.

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**LOU'S DOUGHNUTS.**—Mrs. W. C. Parke.

Three eggs, 2 cups light brown sugar, 1 cup sweet milk,  $1\frac{1}{2}$  cups cream, or if you have no cream, dessert spoonful of butter, 3 teaspoons baking powder and flour enough to roll. Fry in sweet, boiling lard.



**SCOTCH COOKIES.**—Mrs. Donald MacIntyre.

Rub six ounces of salt butter into one pound and a half of flour, put it in a basin and break in four eggs, add one pint of lukewarm water with a small teaspoon of yeast, mix them together; cover it up and let it sponge all night in a warm place. Mix it up in the morning with six ounces of ground sugar, stiffen it with flour so that it will not adhere to the table. Divide into two ounce pieces, make them round and lay them on greased tins a little distance from each other. Put them for one hour into a steam press or some other warm place to prove them, then bake for about five minutes in a quick oven and brush on the top with sugar and water.

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**SCOTCH BUN.**—Mrs. Donald MacIntyre.

To make a bun of twelve pounds weight have four pounds of dough, stone four pounds of raisins, clean four pounds of currants, cut small half a pound of orange peel, half a pound of sweet almonds blanched, and cut in four; one ounce of allspice, an ounce of ground ginger, two nutmegs grated and mix the spices well with the fruit. Take two pounds and a half of the dough, add to the fruit, lay it on the baking table and mix well till thoroughly mixed. Take the pound and a half of dough, mix it with four ounces of melted butter, knead it well with a little flour till smooth and stiff, then roll it out large enough to hold the bun, lay the bun on it, gather it up round the sides and fold it nicely to cover all the fruit. Have the hoop buttered, take the bun upside down on a sheet of paper greased, make it smooth on the top, and prick it with a fork or prick, glaze on the top with water, put it into a quick oven; if a metal oven it will require four hours, if in a baking oven three hours will do it.

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**GINGER BREAD.**—Mrs. Donald MacIntyre.

1 lb. butter, 2 lbs. flour,  $\frac{1}{2}$  lb. molasses,  $\frac{1}{2}$  lb. syrup, 2 eggs,  $\frac{1}{2}$  lb sugar, 3 teaspoons ginger, 3 teaspoons mixed spice,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  orange,  $\frac{1}{2}$  lemon,  $\frac{3}{4}$  lb. sultanas,  $\frac{1}{4}$  lb. currants, 1 teaspoon baking soda. Mix all together, then add

enough milk or butter milk to make a smooth dough, rather stiff, then melt the butter and add it last. Bake in a slow oven for two hours.

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### GOOD GINGER SNAPS.

One cup butter, 1 cup sugar, 1 cup molasses,  $\frac{1}{2}$  cup sweet milk, 1 teaspoonful soda, ginger and cinnamon. Flour enough to roll. Roll thin.

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### GINGER SNAPS.—Mrs. Van Cleve, Minn.

One cup molasses,  $\frac{1}{2}$  cup lard or butter, 1 tablespoonful of ginger, 1 teaspoonful soda all stirred into the molasses when very hot. Add flour when hot, just enough to roll. Not stiff dough; roll very thin. Bake in a quick oven.

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### JUMBLES.—Mrs. T. H. Hobron.

One cup of butter, 2 cups of sugar, 2 eggs,  $\frac{1}{2}$  teaspoon of soda, mix soft. Sprinkle with sugar before baking.

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### MOLASSES DROP CAKES.—Mrs. Spencer.

One and one-half teacups melted butter, 2 cups of molasses, warmed, 1 teaspoonful of soda mixed into the molasses, 3 beaten eggs, 1 teaspoonful of cinnamon, 2 of cloves, and 5 cups of flour. Stir all together, and drop on tins, allowing room to spread.

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### LEMON SNAPS.

Two cups sugar, 2 eggs, 1 cup butter, 1 teaspoonful soda, 2 lemons, juice and grated peel. Mix rather stiff, roll very thin. Cut into shape and bake.

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### FROSTED CRACKERS.—Mrs. Luther Severance.

The whites of 3 eggs beaten stiff; stir into this 1 large cup

of sugar and 1 cup of walnuts chopped fine. Spread on salted crackers and bake in slow oven.

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### **BANGOR BROWNIES.**—Mrs. Edwin O. Hall.

$\frac{1}{2}$  cup melted butter, 1 cup of sugar, 2 eggs, well beaten,  $\frac{1}{2}$  cup of flour, 2 squares of melted chocolate,  $\frac{1}{2}$  cup of chopped walnuts. Mix all the ingredients, except the nuts, pour the mixture into a buttered baking pan, and sprinkle the nuts on top. Bake in a moderate oven.

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### **ROLLED OATS MACAROONS.**—Mrs. George P. Cooke.

$\frac{3}{4}$  of a cup of sugar, a tablespoonful of butter, 2 cups of rolled oats, 2 eggs; flavor with vanilla, 1 teaspoonful of baking powder. Drop from a spoon on a buttered pan and bake quickly. These are very nice to eat with afternoon tea.

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### **MARBLE CAKE.**

**WHITE PART:**  $\frac{1}{2}$  cupful butter, 1 cupful sugar,  $\frac{1}{2}$  cupful sweet milk,  $1\frac{3}{4}$  cupfuls flour, 2 teaspoonfuls baking powder, 3 egg whites, 2 or 3 drops almond extract. (Cream butter, then add the sugar;) cream very light. Sift flour several times with the baking powder; stir a little into the butter and sugar. Alternate the milk and flour until all is in, then add the flavoring and stiffy-beaten egg whites. When ready to put into the pan beat for ten minutes.)

**DARK PART:**  $\frac{1}{4}$  cupful butter,  $\frac{3}{4}$  cupful sugar,  $\frac{1}{2}$  cupful clear strong coffee, 2 egg yolks,  $1\frac{1}{2}$  cupfuls flour, 2 teaspoonfuls baking powder, a few drops vanilla, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful allspice,  $\frac{1}{4}$  teaspoonful each of nutmeg and cloves. (Cream the butter and sugar, add the beaten egg yolks, beat until very light. Add the coffee, alternating with the flour, (sifted several times with the baking powder and spices). Add flavoring, beat ten minutes. Put the batters into a buttered loaf-cake pan in alternate spoonfuls. Bake in a slow oven; when done, leave in pan fifteen minutes then turn out on a rack and cool. (This should not be cut for 24 hours and is better with icing.)

**SPICE CAKE.**—Mrs. S. W. Smith.

One cupful butter, 2 cupfuls sugar, 4 eggs,  $\frac{1}{2}$  cupful clear black coffee,  $\frac{1}{2}$  cupful sweet milk, 3 cupfuls flour,  $\frac{1}{2}$  cupful cornstarch, 4 teaspoonfuls baking powder, 2 teaspoonfuls ground cinnamon, 1 teaspoonful allspice,  $\frac{1}{2}$  teaspoonful ground cloves and a little vanilla. (Cream the butter, add sugar, little at a time, then the beaten egg yolks. Beat until light, combine the coffee and sweet milk; add to the first mixture, alternating with the flour and cornstarch previously sifted three times with the baking powder and spices. Add flavoring, then the stiffly-beaten egg whites. Bake immediately in a moderately hot oven. This cake may be baked in a loaf or two layers and put together with a white icing.)

**ICINGS****COMMON FROSTING.**

Whites of 2 eggs beaten to a froth, not stiff. 1 cup granulated sugar with a teaspoonful water to moisten. Beat eggs and sugar together in a bowl, and put over the boiling tea-kettle and stir till it comes to a wax. Then stir it in the air till partially cool. Put on with a clean knife wet in cold water. Put on warm, as it dries more quickly and adheres better. Enough for two cakes.

**CHOCOLATE ICING.**

The white of 1 egg beaten to a froth, then beat in a teacup of powdered sugar which has been mixed with  $\frac{1}{2}$  pound grated chocolate. Flavor with 6 teaspoonfuls vanilla. After this icing is put on the cake, set it in the oven a few minutes to harden.

**CHOCOLATE ICING.**

One and a half cups of powdered sugar, 2 eggs (whites), and 5 tablespoonfuls of chocolate, powdered and sifted. To be put on the cake when hot.

**FROSTING WITHOUT EGGS.**—Mrs. Dr. Raymond, Kau.

One cup of white sugar and 5 tablespoonfuls of milk. Boil 5 minutes, stir until cold, and put on a cold cake.

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**KISSES.**—Mrs. Dr. Raymond, Kau.

One cup sugar,  $1\frac{1}{2}$  cups flour, scant  $\frac{1}{2}$  cup each of butter and milk, 2 eggs,  $1\frac{1}{2}$  teaspoonfuls baking powder. Cream the butter and sugar together, then add the eggs well beaten, the milk and the flour into which the baking powder is well mixed. Flavor and drop in small spoonfuls on a buttered tin, allowing room for each to spread. Sprinkle with sugar and bake in a quick oven.

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**KISSES.**

Half a pound of powdered sugar, 4 eggs (whites only). flavor with a very little almond. Beat the eggs to the stiffest form possible; add the sugar a little at a time, flavor, and drop on buttered paper. Bake until a delicate brown.

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**BOILED FROSTING.**—Mrs. Spencer.

Two cups of sugar boiled with half a cup of water, until it will draw in long strings. Then turn slowly on to the whites of two eggs, well beaten, and beat briskly while stirring in the boiling sugar. Flavor, and spread while hot.

N. B.—In all recipes where yeast is called for, use 1 cake of compressed yeast, mixed with 1 cup of water.

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**PASTRY****MINCE MEAT.**—Mrs. W. F. Allen.

One large cup of boiled tongue chopped fine, 2 large cups of apples chopped fine, two cups of stoned raisins, 1 cup of Sul-tana raisins, 1 cup currants,  $1\frac{1}{2}$  cups suet, 1 cup mixed fruit ( $\frac{1}{2}$  citron,  $\frac{1}{4}$  each lemon and orange peel), 1 cup molasses;

add sugar to taste; 1 teaspoonful ground cinnamon,  $\frac{1}{2}$  nutmeg, cloves to taste, a little wine or brandy. Moisten with boiled cider, the spiced vinegar in which sweet pickles have been made, or fruit juice, or some of each; add bits of butter when making the pie.

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### **SLICED PAPAIA PIE.**—Mrs. Kittredge.

Slice the fruit, a little under-ripe, as you would ripe apples. Pile the pie-plates and squeeze over the fruit the juice of a lime; add sugar,  $\frac{1}{2}$  cup to a pie. Cover with an upper crust and bake. Papaia can also be used like squash for pies.

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### **BANANA PIE.**—Miss S. E. Emerson.

For this pie the variety called Iho lena is the best to use. Take 5 well-ripened bananas, slice very thin or chop quite fine;  $\frac{1}{2}$  cup sugar, the pulp of 4 or 5 tamarinds soaked in  $\frac{1}{4}$  cup warm water, or the juice of 2 Chinese oranges, 1 tablespoonful of cream or a small lump of butter, 1 pinch of mace or nutmeg and  $\frac{1}{2}$  tablespoon flour. Pour this filling into a pie-tin lined with crust, cover with a thin crust and bake in a quick oven. This does not make a large quantity, but enough for experiments. Some grate a little cracker over the tarts or pies before baking. Some prefer this without the upper crust, or with narrow strips like cranberry tarts.

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### **A GOOD PIE CRUST.**—(Two Pies).

One pound flour,  $\frac{1}{4}$  pound lard,  $\frac{1}{2}$  pound butter, cooled on ice,  $\frac{1}{2}$  teaspoonful salt. Rub the flour, salt and lard well together, then add as much water as will bind it well together. Strew the pastry board with flour, and roll the paste to half an inch thickness. Divide the butter into three parts, spread one evenly over the paste, fold it up, dredge a little flour over it, roll out again spreading another portion of the butter as before until all is used. Cool on the ice before using.

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### **POT PIE CRUST.**—Mrs. Jas. Pratt, Albany.

One quart flour, 3 teaspoonfuls baking powder, butter size



of an egg; wet it with milk enough to make a dough as stiff as biscuits, then cut in small pieces and place in a steamer which has been buttered to prevent the dough sticking. Steam fifteen to twenty minutes then place around the meat in the platter.

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**VINEGAR PIE.**—Mrs. W. D. Alexander.

One cup of sugar,  $1\frac{1}{2}$  cups hot water, 1 tablespoonful sharp vinegar, 2 tablespoonfuls flour. Flavor with lemon or nutmeg, and bake with 1 crust. A meringue for the top made of the whites of egg and sugar is an improvement.

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**MANGO CUSTARD PIE.**—Mrs. Kittredge.

Stew and strain through sieve the fruit, taking it when under-ripe. Take 1 quart milk, 1 cup mango, 6 eggs and 1 cup sugar. Use more sugar if desired. Line pie plates with paste and fill with the mixture. The above is enough for two pies.

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**PAPAIA TART.**—Miss S. E. Emerson.

Cut open a ripe papaia and remove the seeds. With a spoon scrape out the yellow pulp from the rind and place in a bowl. Season this pulp with the juice of 3 Chinese oranges or 2 limes, and  $\frac{3}{4}$  of a cup of brown sugar. A spoonful of butter or cream improves it. Bake in a pie-tin with only an under crust.

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**SOUR ORANGE PIE.**—Mrs. Kittredge.

Juice and pulp of 7 mandarin oranges, 1 cup sugar, 1 egg, 1 teaspoonful pia dissolved in  $\frac{1}{2}$  a cup of boiling water. This is enough for one pie. Bake with an under crust of rich puff paste, and cut in narrow strips and arrange in diamonds for the upper crust.

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**A GOOD APPLE PIE.**

Slice tart apples very thinly and place them in a porcelain-lined saucepan with a very little water. Cover them closely



and steam them, but not soft enough to lose their shape. Pour them into pie-plates lined with puff paste, sift plenty of sugar over them, dot some bits of butter and a little thinly sliced citron over the whole, add a suspicion of nutmeg and a very little lemon juice if the apples are not tart enough. Cover with puff paste and bake. Especially delicious when eaten with cream.

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### LEMON TARTS.

Two eggs, sugar to taste, 2 tablespoonfuls flour,  $\frac{1}{2}$  cup water, butter size 2 eggs, grated rind and juice of 2 lemons. Boil until it thickens. When cold, fill tarts.

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### LEMON CHEESE.—Miss Hobron, Minneapolis.

To  $\frac{1}{4}$  pound butter put 1 pound loaf sugar broken into small pieces, 6 eggs, leaving out 2 whites; juice and grated rind of 3 lemons,  $\frac{1}{4}$  pound of almonds beaten fine. Put all into a pan and simmer till the sugar is dissolved and it begins to thicken like honey. When cold put into a jar for use. This is a celebrated English recipe and is excellent for filling tarts, etc. It is said to keep seven years.

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### LEMON BUTTER.—Mrs. L. McCully.

Lemon butter for filling tarts is made of 1 cup of white sugar, 3 eggs, butter the size of half an egg, the juice and rind of 1 large lemon. Put this all, after beating it well, into a bright basin and set into a pan of boiling water. Stir it constantly until it is thick. Small cakes are nice if split and put together with this jelly. It is also very nice as a filling for layer cake.

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### SQUASH PIE.—Mrs. P. C. Jones.

One pint of stewed squash, 4 eggs, 1 even tablespoonful of ground ginger,  $\frac{1}{2}$  tablespoonful cinnamon,  $\frac{1}{2}$  teaspoonful of salt,  $1\frac{3}{4}$  cups of brown sugar, a piece of butter the size of an egg. Stir all together with a pint of milk. This is enough for two thick pies.

### LEMON PIE.

Two cups of sugar, 1 lemon, 3 eggs, separate whites from the yolks, 2 tablespoonfuls of flour, 2 cups of boiling water. Cream the sugar, lemon and the yolks of the eggs, add the flour, then the hot water and set it over the fire to thicken. Line a plate with pie crust and bake; fill this shell with the mixture, cover with a meringue made from the well beaten whites of the eggs and set this in the oven for a few minutes.

## PUDDINGS AND DESSERTS

### A DELICIOUS PUDDING.—Mrs. W. C. Parke.

Four eggs, yolks beaten separately with 4 tablespoonfuls flour until very light. Add  $\frac{1}{2}$  teaspoonful of salt, and mix gradually 1 quart of rich milk with this batter. Beat the whites of the eggs to a froth and stir in last. Pour into a buttered pudding dish, and stand in hot water. Bake twenty minutes in a hot oven.

#### Sauce

One cup powdered white sugar,  $\frac{1}{2}$  cup of butter; rub them to a cream, add the white of 1 egg well beaten, nutmeg. When ready to serve, stir in 2 tablespoonfuls boiling water; flavor to taste.

### MONTEREY PUDDING.—Mrs. Kittredge.

One quart of milk, 1 coffee-cup bread crumbs, 3 eggs, 1 cup sugar,  $\frac{1}{2}$  cup molasses, 1 tablespoon butter, 1 teaspoon each of cloves, cinnamon, allspice, 1 nutmeg grated and a little salt, 1 cup stoned raisins,  $\frac{1}{2}$  each chopped citron and currants. Put in pudding boiler and boil 2 or 3 hours.

### COLD SAUCE.

One cup white sugar,  $\frac{1}{2}$  cup of butter, 1 tablespoon cream. Beat to a cream; add a little mace or nutmeg, or a spoonful of jelly beaten well into the sauce.

### BIRD NEST PUDDING.

Soak a coffee cup of tapioca in three cups of water overnight. Add one cup of water and boil ten minutes, stirring in a little salt, a tablespoon of white sugar, and the juice of a lime. Peel and core five apples, and place in a deep dish. Fill the hollows with sugar, then pour over the tapioca. Bake till the apples are soft. Serve with thin cream.

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### SUET PUDDING.

One cup of molasses, 1 cup of currants, 1 cup of raisins,  $\frac{3}{4}$  of a cup of suet,  $\frac{1}{2}$  cup of sugar, 3 cups of flour, 1 cup of milk, 1 teaspoonful of cloves, 1 teaspoonful of salt, and 1 of soda, butter the size of an egg. Steam 3 hours or boil  $2\frac{1}{2}$  hours in a buttered mold or floured cloth.

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### THE QUEEN OF PUDDINGS.—Mrs. W. F. Allen.

One pint of bread crumbs, 1 quart of milk, 1 cup of sugar, yolks of 4 eggs, butter size of an egg, 1 grated lemon. Bake three-quarters of an hour, cool a little, then spread on a layer of jelly. Beat the whites well, then stir into them a cup of sugar, flavor with lemon and spread over with jelly. Brown slightly in the oven. Eat cold with cream.

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### AUNT MARY'S PAPAIA PUDDING.

Cook the half of a ripe papaia for one pudding. After cooking the fruit till quite soft, strain off the water, season with sugar, a little nutmeg and the juice of one Chinese orange. Then beat up three eggs with milk to make a custard, sweeten to taste and mix with the fruit. Bake well and brown.

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### SNOW PUDDING.—Mrs. W. F. Allen.

Half of an ounce box of gelatine dissolved in a pint of warm water, the juice of 2 lemons and  $2\frac{1}{2}$  cups of sugar. Set it away to cool. When it begins to thicken, stir in the whites

of 5 eggs beaten stiff and sweetened. Put away to cool in a mould. Take the yolks, a pint of milk, rind of a lemon and a little salt, and make a boiled custard, and pour around the white part in the dish it is to be served in.

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**FIG PUDDING.**—Mrs. J. D. Brewer.

One pound suet chopped fine, 1 pound flour,  $\frac{1}{2}$  loaf bread, 1 pound dried figs chopped,  $1\frac{1}{2}$  cups molasses. To be steamed three-quarters of an hour and eaten with hard sauce. Mix with milk or water.

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**A VERY DELICATE RICE PUDDING.**—Mrs. B. H. Austin

One and one-half cups of boiled rice and 1 pint of sweet milk. When boiling hot add the well beaten yolks of 3 eggs, and 5 tablespoonfuls of white sugar, and stir on the fire until thickened like custard. Flavor with lemon and pour into a dish ready for the cake. Make a meringue of the beaten whites of the eggs, sweetened and flavored, cover the top, and brown delicately in the oven. This is far superior to a baked rice pudding. To be eaten cold.

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**COCOANUT PUDDING.**—Mrs. Dudoit.

Soak 3 tablespoonfuls tapioca in cold water over night, boil 1 quart of milk, add tapioca and boil 5 minutes, then add yolks of 4 eggs, 3 tablespoonfuls dessicated cocoanut, boil 10 minutes, turn into a dish to cool, beat the whites and 2 tablespoonfuls of sugar to a foam, spread on the top and scatter over with cocoanut, set in the oven to brown a little. A spoonful of sugar in the tapioca custard improves it.

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**COCOANUT PUDDING.**—Mrs. S. E. Bishop.

One heaping cup of finest bread crumbs, 1 tablespoonful cornstarch wet in cold water, 1 cocoanut pared and grated,  $\frac{1}{2}$  cup butter, 1 cup powdered sugar, 2 cups milk, 6 eggs, nutmeg and flavoring.

Soak the crumbs in the milk, rub the butter and sugar to a cream, put with the beaten yolks. Beat up this mixture with the soaked bread crumbs, stir in the corn starch; then the whisked whites and flavoring; last the grated cocoanut. Beat hard 1 minute, pour into buttered pudding dish, the same it is to be served in. Bake in moderate oven  $\frac{3}{4}$  of an hour.

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**INDIAN PUDDING.**—Mrs. C. C. Armstrong.

Six heaping tablespoonfuls of meal, 2 of butter, 1 tea cup of molasses, 2 spoons of ginger and a little salt. Pour into a quart of boiling milk. When put into the oven pour in a cup of cold water. Bake slowly.

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**PUFF PUDDING.**—Mrs. Hascall and Mrs. Atherton.

One quart milk, 6 eggs, a little salt, and 6 tablespoonfuls flour. Beat the eggs thoroughly, whites and yolks separately, then put them together. Add the flour and last the milk. Bake about 20 minutes, and serve immediately.

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**SPICED PUDDING.**—Mrs. J. B. Atherton.

One cup molasses or sugar, 1 cup sour cream, 3 cups flour, 1 cup raisins, 2 eggs, 1 teaspoonful soda. Boil  $1\frac{1}{2}$  hours and eat with hot sauce. Spice.

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**MRS. SARAH GILMAN'S PLUM PUDDING.**

One 5-cent loaf of stale bread well soaked in 1 pint milk,  $\frac{1}{2}$  pound raisins,  $\frac{1}{2}$  cup currants, small piece citron cut thin, full cup of sugar, 1 cup molasses,  $\frac{1}{2}$  teaspoonful cloves, cinnamon and nutmeg,  $\frac{1}{2}$  cup butter and 4 eggs and a little salt. Bake in a slow oven three or four hours. Stir twice during the first hour and a half.

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**BANANA PUDDING.**—Mrs. Hoffman.

Stew bananas and strain into the bake-pan and sweeten. Melt 1 tablespoon butter in a saucepan, add 2 tablespoons flour, 1

cup milk. Stir until cool, then stir in the yolks of 4 eggs, beat the whites to a froth and add them. Stir in thoroughly spice and sugar. Pour on top of the bananas and bake about 30 minutes.

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**COTTAGE PUDDING.**—Mrs. W. D. Alexander.

One cup sugar, 1 spoonful of butter, 1 cup of milk, 2 cups of flour, 2 eggs, 2 teaspoons baking powder. Bake  $\frac{1}{2}$  hour. Serve with sauce.

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**SAGO AND STRAWBERRY PUDDING.**—Mrs. S. C. Allen.

One cup sago, wash, and add 4 cups cold water, 2 cups strawberry juice, 3 tablespoonfuls sugar, and boil until the sago is cooked, then mould. Eat with custard for sauce, or it is nice with ice cream.

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**POOR MAN'S PUDDING.**—Mrs. B. H. Austin.

One cup chopped suet, 1 cup sweet milk, 1 cup syrup, 3 cups flour, 2 cups seeded raisins, 2 cups currants, 1 teaspoonful soda dissolved in hot water, 1 teaspoonful each of cloves and cinnamon, and a few drops of extract lemon and vanilla, and  $\frac{1}{2}$  nutmeg. Steam 3 hours in any sort of pudding dish.

**Sauce.**

One cup of sugar and  $\frac{1}{2}$  cup water. Boil until quite thick, then add 1 tablespoonful of butter and 1 teaspoonful flour well stirred together and let it come to a boil. Flavor.

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**DELICATE INDIAN PUDDING.**—Mrs. W. C. Parke.

One quart sweet milk, 2 large teaspoonfuls corn meal, 4 teaspoonfuls sugar (best brown sugar), 1 teaspoonful butter, 3 eggs thoroughly beaten, 1 teaspoonful salt. Boil the milk, sprinkle the meal into it, cook 10 minutes, stirring all the time. Beat together eggs, salt, sugar and  $\frac{1}{2}$  teaspoonful ginger; stir the butter into the cooked meal and milk. Add gradually the egg mixture. Bake slowly 1 hour. Eat warm. Cream poured over the pudding is a great additional relish.



### PINEAPPLE TAPIOCA.

½ c. min. Tapioca, 3 c. hot water, cook till clear. 1 pineapple, chopped. Cook with sugar to taste. Lemon if desired. Cool and add to cooled tapioca.

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### PRUNE WHIP.—(Excellent).—Mrs. Edwin O. Hall.

One-half lb. of prunes, 6 tablespoonfuls of sugar, the whites only of 3 eggs, the juice of half a lemon. Soak the prunes over night and stew until tender, add the sugar, cool, then remove the stones. Beat the whites of the eggs very stiff, add these to the rest of the mixture and beat the whole until you can turn the bowl upside down without spilling the contents. This is the secret of complete success in this case. Put the mixture into a buttered pudding dish and bake 15 or 20 minutes. Serve cold with whipped cream. It should be light and spongy.

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### RICE PUDDING.—(Without Eggs).—Mrs. Edwi O. Hall.

One quart of milk, 1 scant cup of rice, 1 cup of sugar, a little grated nutmeg, 1 cup of raisins, a little salt. Put all into a pudding dish and set the dish in a steamer; steam from 3 to 4 hours, stirring occasionally during the first hour to prevent the raisins from setting on the bottom of the dish. Eat cold with cream.

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### BOSTON LEMON PUDDING.

Two cups of fine breadcrumbs, one cup of powdered sugar half cup butter, the juice of three large limes. One teaspoon of lemon extract, two tablespoons of flour, and one teaspoon of baking powder, and five eggs, yolks and whites beaten separately. Beat butter and sugar to a cream add the beaten yolks and lemon, beat well, then add alternately breadcrumbs, flour and beaten whites, add baking powder last of all. Butter a mold with a cylinder in the center, pour in the mixture, cover with a buttered paper, and steam steadily for two hours. Turn out on a hot dish, and pour over the following mixture: Rub to a cream one cup of powdered sugar and three table-



spoons of butter, the juice of two limes, the whipped white of one egg, and a little nutmeg.

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**CHOCOLATE PUDDING.**—(Good).—Mrs. P. C. Jones.

One pint of milk, 5 even tablespoonfuls of grated chocolate, 10 tablespoonfuls of grated bread, 4 eggs, piece of butter size of an egg. Beat the yolks, add  $1\frac{1}{2}$  cups sugar, the bread and chocolate with a little of the milk together. Boil the rest of the milk and pour the mixture into it, and let it thicken, stirring all the time. Put a little vanilla in. Put in a pudding dish and bake a few minutes. Beat the whites of the eggs with 3 tablespoonfuls sugar, put on the top and brown in the oven.

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**COLD PUDDING.**—Mrs. W. C. Parke.

Boil 1 pint of milk, beat 2 eggs, stir into them 3 tablespoonfuls flour till quite smooth; also beat in a dessertspoonful of butter; add the mixture gradually to the milk, as soon as it reaches boiling point, add a little salt. Cook 10 minutes, stirring all the time. Turn into a pudding dish and serve very cold with powdered sugar sifted over the top, and with cream. If cream is not to be had, omit the sifted sugar and use jelly sauce.

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**CREAM TAPIOCA PUDDING.**—Mrs Charles Alexander.

Soak 3 tablespoonfuls of tapioca in water 3 hours, put the same into 1 quart of boiling milk and boil 15 minutes. Beat the yolks of 4 eggs in 1 cup sugar, and turn into the pudding 5 minutes before done. Flavor with lemon or vanilla. Take the whites and beat to a stiff froth, add 3 tablespoonfuls white sugar and pour over the pudding. Bake until a delicate brown. Eat cold.

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**CUSTARD SOUFFLE.**—Mrs. W. F. Allen.

Two scant tablespoonfuls butter, 2 of flour, 2 of sugar, 1 cup milk and 4 eggs. Let the milk come to a boil; beat the flour and butter together; add to them gradually the boiling milk,

and cook 8 minutes, stirring often. Beat the sugar and yolks of the eggs together, add to the cooked mixture and set away to cool. When cool beat the whites of the eggs to a stiff froth, add to the mixture, bake in a buttered dish 20 minutes, and serve immediately with cream sauce.

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**PEACH PUDDING.**—Miss Laura Greene, Makawao.

Pare, slice and stew ripe peaches, and sweeten to taste. Take 2 or 3 tablespoonfuls of pia, or arrowroot, a pinch of salt and a little sugar; wet the arrowroot with cold water, but do not make it too thin. Let this stand a while, then pour on boiling water to make it quite thick; add the peaches hot, and stir well. Let this stand till very cold, and serve with cream and sugar.

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**POT-PIE OF OHIAS OR OHELOES.**—Miss Laura Greene.

Place the fruit in a round pot which has been well buttered. Ohias should be pared and sliced; add butter, sugar and spices. A little tamarind improves ohias. Take a lump of raised dough like bread; roll this rather long and narrow and put this over the fruit, around the sides of a pot, leaving it open in the middle. Put a little water in the pot to keep the fruit from burning; cover tightly and do not open till done, which should be in an hour, over a slow steady fire. The pot should be gently turned if necessary. Eat hot, with butter and sugar. Dried fruits may be used, but should be soaked over night.

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**MANGO BROWN BETTY.**—Miss Laura Greene.

Pare and slice very thin, green mangoes. Place a layer of fruit in a pudding dish and sprinkle with sugar, cinnamon, bits of butter and fine bread crumbs; repeat till the dish is full; let the top layer be of bread crumbs. Bake one hour. A little water will keep the fruit from burning.

**Sauce for Same.**

One-half cup of sugar, a tablespoon each of corn starch and butter, a pint of boiling water. Boil 3 minutes. Flavor with vanilla.

**BAKED MULBERRY PUDDING.**

A tablespoonful of butter rubbed into a cup of sugar, 2 eggs, 1 cup of milk (sweet), 3 cups of flour, 2 heaping teaspoonfuls of baking powder, 2 cups of berries. Bake an hour and serve with liquid sauce.

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**AMBROSIA.**—Mrs. Jas. Pratt.

A layer of pineapples, sliced; a layer of oranges, sliced, alternated with grated cocoanut and sugar till the dish is full; final layer should be cocoanut or sugar.

This can be served with whipped cream sweetened and flavored with vanilla.

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**CRACKER PUDDING.**—Mrs. P. C. Jones.

Four tablespoonfuls of powdered Boston crackers, or five of bread crumbs, 2 cups of milk, 3 eggs, butter the size of a walnut. Pour the milk onto the crumbs and let it stand till well soaked. Beat the yolks of the eggs and add with the butter to the soaked crumbs and when well blended fold in the well beaten whites. Bake in a slow oven, stirring the mixture two or three time before it browns to prevent the crumbs settling at the bottom of the dish.

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**ENGLISH PLUM PUDDING.**—Mrs. Williamson, Manchester, N. H.

One pound of suet, 1 lb. raisins, 1 lb. currants,  $\frac{1}{2}$  lb. citron, 1 grated potato, 1 wine glass of brandy,  $\frac{1}{2}$  teaspoonful of soda, 1 cup of flour, 1 cup molasses, 1 cup of sugar, 1 grated carrot; spices, cinnamon, cloves, allspice, 1 teaspoonful each. Wet with cold water, pour into a mould or cloth and boil hard for 6 hours.

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**SOUFFLE PUDDING.**—Mrs. P. C. Jones.

One cup of flour, 1 pint of milk, 1 spoonful of sugar, butter the size of an egg. Scald the milk, add flour and butter and

stir till they do not stick to the saucepan. When cold add *one at a time* the unbeaten yolks of five eggs. Beat the whites stiff, and fold them into the mixture. Bake in a quick oven and serve immediately in the same pan.

## PUDDING SAUCES

### FOR BATTER PUDDING.

One tablespoonful butter beaten to a cream with 2 of sugar. Stir to a foam and add 1 teaspoonful corn starch and  $\frac{1}{2}$  cup boiling water. Flavor to taste.

### FOAM SAUCE.—Mrs. W. F. Allen.

One teacup of sugar, two-thirds cup of butter, 1 tablespoon flour, beaten together till smooth. Then place over the fire and stir in rapidly 3 gills of boiling water, and soda about the size of a pea. Flavor with nutmeg or to taste.

### HARD SAUCE.—Mrs. McCully.

One cup sugar and  $\frac{1}{2}$  cup butter, beaten together till light; then add the white of 1 egg beaten stiff. Grate nutmeg over the top.

### MILK PUDDING SAUCE.—Mrs. P. C. Jones.

Two eggs beaten very light,  $1\frac{1}{2}$  cups fine sugar and a little salt; beat all together till smooth. Flavor to taste. Just before sending to table, add 5 tablespoonfuls of boiling milk.

### PUDDING SAUCES.—Mrs. W. F. Allen.

1. One cup sugar, 1 cup whipped cream; flavor.
2. Whites of 3 eggs well beaten; add slowly 1 cup powdered

sugar; beat till very stiff and flavor with lemon juice or a spoonful of jelly. With the jelly it requires longer beating.

3. One cup sugar,  $\frac{1}{2}$  cup butter, whites of 2 eggs. Rub butter and sugar together until it creams, then add the whites beaten to a stiff froth and set over the teakettle to heat (but not to boil), stirring constantly. Flavor to taste.

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### STRAWBERRY SAUCE.

One cup sugar, 1 tablespoonful of butter, 3 tins\* of strawberries, crushed and strained, the whites of 2 eggs. Mix well and stand the bowl in hot water, stirring the mixture constantly till smooth. This sauce is also good with boiled rice.

\*(A tin of strawberries is one of the small tins such as the venders bring to our doors. They hold not much more than a good tumblerful.—Ed.)

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## DESSERTS

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**LEMON JELLY.**—Mrs. Van Cleve, Minneapolis.

One-half box gelatine, 1 pint boiling water, 2 cups sugar, juice of 2 lemons (or of 3 or 4 limes). Grate in a little of the rind and strain into a mould.

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**CHOCOLATE BLANC MANGE.**—Mrs. T. H. Hobron.

Soak one box of gelatine for an hour in water enough to cover it. Put 1 pint of milk into a tin pail and set in a kettle with boiling water to boil. Scrape 2 ounces of chocolate and mix with 8 spoonfuls of sugar; wet this with 2 spoonfuls of boiling milk, and rub until smooth, then stir in the milk. Now stir in the gelatine and then the yolks of 5 eggs. Stir 10 minutes. When cold, flavor with vanilla.

**GUAVA WHIPS.**—Mrs. W. C. Parke.

Take ripe guavas, sweet and sour mixed. Wipe these with a cloth; if not perfectly clean, cut off the ends with a silver knife; mash them well, strain them through any cloth that will allow the juice and pulp to pass through, but not the seeds. Beat into the pulp powdered sugar, about 1 cupful to a pint of the guava. It is difficult to give the exact amount of sugar to be used. It is best to sweeten to taste. Serve in jelly glasses, very cold. (The guava may be strained through a fine hair sieve.—Ed.)

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**MANGO PUDDING.**—Mrs. C. B. Hofgaard.

Two big green mangoes,  $2\frac{1}{2}$  cups water, half cup sugar (good measure), half teaspoonful ground cinnamon, 3 tablespoons (heaping) sago. For six people. Method as in Bird Nest Pudding. Page 86.

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**APPLE SNOW.**

Four large sour apples, bake and scrape out the pulp, add half coffee cup of sugar and whites of 2 eggs beaten together until very light. Delicious with cake for dessert or for tea.

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**MERINGUE OF PAPAIA.**—Mrs. Kittredge.

Take the fruit a little under-ripe, steam till quite soft, put through a sieve; then take 2 cups of the sifted papaia, 1 coffee cup sugar, 1 large tablespoonful butter, yolks of 3 eggs, juice of 2 limes and rinds grated. Make a rich butter paste and line 2 pie-plates; put in the mixture and let it bake till the paste is done. While baking, beat the whites of the eggs light and add 1 teacup sifted sugar. Remove the pies from the oven and spread this frosting on them and return to the oven till the frosting is nicely browned.

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**BAKED PAPAIA.**—Mrs. Hiram Bingham.

Take the ripe fruit; halve it and scrape out all the seeds.



Then fill the spaces with good vinegar (lemon or lime juice would probably be nicer if obtainable) and white sugar. Bake until quite soft, and eat hot; or the papaia may be cut in small pieces and mix with acid and sugar, and baked in a deep dish with an upper crust, as a pie.

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**ORANGE MERINGUE.**—Mrs. Hascall.

Five or six oranges, 3 eggs, 1 cup sugar, 1 pint milk, 1 tablespoonful corn starch. Pare the oranges and slice them in a pudding dish, taking care to remove all seeds. Sprinkle the cup of sugar over them, and let them stand while you prepare the following: Heat the milk to boiling and thicken with the corn starch wet with a little cold milk. Let it boil a few minutes, then add the beaten yolks of the eggs. Let the custard cool a few minutes, then pour it over the oranges. Cover this with a meringue of the beaten whites mixed with 2 or 3 tablespoonfuls of powdered sugar. Put it in the oven till of a delicate brown. To be eaten cold. Strawberries are very nice prepared in this way, only taking care to have the custard quite cool when poured over them, that they may be heated as little as possible.

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**PEACH MERINGUE.**—Mrs. Chas. Alexander.

Drain off the syrup from a can of peaches and put them in a pudding dish. Make a soft custard of the yolks of 4 eggs, a quart of milk and 1 teacup of sugar; when cold, pour over the peaches. Beat the whites to a stiff froth, add 5 tablespoonfuls of white sugar and set in the oven to brown.

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**MANGO MERINGUE.**—Mrs. Hascall.

Two or three cups of stewed green mangoes (not too sweet) flavored with lemon or a little nutmeg and poured into a shallow baking dish. Cover with a meringue made of the whites of 3 eggs and 2 tablespoonfuls of powdered sugar. Brown slightly, and eat cold for luncheon, or with nice cake for dessert.

### STRAWBERRY SHORT CAKE.

One quart of flour, a cup of butter, 3 teaspoonfuls of baking powder, half a saltspoonful of salt, the white of an egg. Rub the butter into the flour, then add the salt. Beat the white of the egg to a stiff froth and add with cold milk sufficient to make a dough stiff enough to roll out. Make the cakes about half an inch thick, and bake on pie-tins in a quick oven. When done, cut around the edges and split them, place a thick layer of well sugared strawberries between, sift powdered sugar over the top, and serve with cream. The foregoing is a recipe given in the Ladies' Home Journal.

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### GERMAN PUFFS.—Mrs. McCully.

One pint sweet milk, 5 tablespoons flour, 1 tablespoon melted butter, 6 eggs, leaving out the whites of 3. Bake in buttered cups, half filled, 20 minutes in a hot oven.

#### Sauce.

Beat the whites of 5 eggs to a stiff froth, 1 cup powdered sugar and the juice of 2 oranges. Turn the pudding from the cups onto a platter and cover with sauce.

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### TAPIOCA CREAM.—Mrs. W. F. Allen.

Swell a teacup of tapioca in milk. When swollen add a quart of milk, yolks of 3 eggs, salt and sugar to taste. Flavor, and boil until it begins to thicken. The last thing before taking it from the fire stir in the whites of the eggs beaten stiff. Eat cold with sauce.

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### ROYAL CREAM.—Mrs. Cruzan.

One quart of milk, 1 tablespoon gelatine which has been soaked and dissolved in a little hot water,, 4 tablespoons of sugar, 3 eggs, vanilla flavor. Put the gelatine in the milk and let it stand a half hour. Beat the yolks and the sugar together and stir into the milk. Put the mixture into a farina-kettle and stir until it begins to thicken like soft custard (about

15 minutes). Have ready the whites beaten to a stiff froth, and the instant the kettle is taken from the fire stir them in quickly and thoroughly; add a teaspoonful of vanilla, turn into a mould and set on ice.

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**STRAWBERRY CREAM.**—Mrs. B. F. Dillingham.

Pick the hulls from a box of berries and bruise them with a wooden spoon with 6 ounces of powdered sugar; rub through a clean hair sieve, then add 1 pint whipped cream and 1 tablespoon gelatin which has been soaked and dissolved in a little hot water, and mix with the strained strawberries and put into a mould to harden.

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**CHOCOLATE CREAM.**—(Good).—Mrs. W. D. Alexander.

Boil 1 quart milk with a little salt in a double boiler. When hot, stir in 3 tablespoonfuls flour mixed smooth with a little milk. When it thickens add the yolks of 3 eggs beaten to a cream, with 6 tablespoonfuls of sugar. Cook 3 or 4 minutes. Flavor with vanilla and pour into a dish. Beat the whites of the egg to a stiff froth, add 3 tablespoonfuls sugar, beat well, then add 3 tablespoonfuls of grated chocolate; spread over the cream and brown. Serve cold. This is good made without the chocolate, and flavored with lemon.

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**CARAMEL CUSTARD.**—Mrs. E. A. Jones.

Put 4 tablespoonfuls of granulated sugar in a clean fry-pan and stir over a moderate fire till it melts; be careful not to let it get too dark. Divide this into 6 moulds or cups, turning each so that the bottom and part of the sides may be coated with the caramel. Beat together in a bowl 3 eggs and 4 tablespoonfuls of sugar; add  $1\frac{1}{2}$  cups of milk and 1 teaspoonful of vanilla. Fill the moulds with this mixture, set them in a pan of warm water and bake in a very moderate oven till firm in the center. Turn out at once and serve when ice-cold.

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**SWEET STRAWBERRY SHORTCAKE.**—Mrs. P. C. Jones.

One cup of sugar,  $1\frac{1}{2}$  cups of flour, 1 tablespoonful of but-

ter, 1 egg,  $\frac{1}{2}$  cup of sweet milk, 1 even teaspoonful of baking powder. Bake in pan and split the cake open to receive the berries.

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## ICE CREAM AND OTHER ICES

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### ICE CREAM.—Mrs. P. C. Jones.

One pint of milk, yolks of 2 eggs, well beaten, 1 cup of sugar. Cook in a double boiler as boiled custard. When cool add 1 pint of cream, 1 teaspoonful of vanilla extract. Put this into a freezer with the unbeaten whites of two eggs and freeze as usual.

### Caramel Sauce for Above.

One-quarter cake of unsweetened chocolate (2 bars),  $\frac{1}{2}$  cup of powdered sugar,  $\frac{1}{2}$  cup boiling water. Cook in double boiler until thick as molasses.

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### FROZEN BANANAS.

Cut six large, firm bananas into thin slices, add half a pound of powdered sugar and let them stand half an hour. Then add a quart of water and the grated peel of lemon. When the sugar is dissolved pour into a freezer and freeze as you would ice cream.

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### PINEAPPLE SHERBET.—Mrs. McCully.

One quart of grated pineapples, 5 pints of water, the juice of 4 lemons; make very sweet, put into freezer, then add the beaten whites of 9 eggs and freeze.

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### ORANGE ICE.—Mrs. McCully.

Two parts of orange juice and one part water, sweetened very sweet. Put into the freezer, and while freezing stir often. When nearly frozen add to each quart of the orange water the whites of two eggs, beaten to a stiff froth, stirring it in well

Lime water ice may be made by substituting limes for oranges, and adding a larger proportion of water.

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### **STRAWBERRY ICE.**—Mrs. J. S. McGrew.

Ten tins of strawberries, 3 quarts of water, 4 pounds of sugar. Allow the strawberries and sugar to boil about 5 minutes, or merely heat thoroughly through, then rub the pulp and all through a sieve. After which add the water and freeze like ice cream.

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### **MILK SHERBET.**—Mrs. P. C. Jones.

One quart of milk, juice of 4 lemons,  $1\frac{1}{2}$  cup of sugar. Put the juice and grated skin of lemons together in a bowl and set it in the ice chest, or a cool place; cool the milk also, and when ready to freeze mix all together. To make it richer use less milk and substitute cream. Condensed cream may be used.

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### **TAPIOCA ICE.**

One cup of tapioca soaked over night; in the morning put it on the stove, and when boiling hot, add 1 cup of sugar and boil till clear. Chop 1 pineapple, pour the tapioca over it, stir together, and put into a mould. When cold, serve with sugar and cream.

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## **PRESERVES, JELLIES, ETC.**

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### **PRESERVED FIGS.**—Mrs. Hascall.

Ten pounds ripe figs, 5 pounds sugar, a little ginger-root, the juice of three limes, grated peel of one. Put the fruit in a preserving kettle, cover with cold water and boil until tender (about 1 hour). Take them out and lay on a sieve over night to drain. In the morning make a syrup of the sugar by adding a very little water and setting it on the back of the stove till

dissolved. Then put in the figs and boil about 20 minutes, adding the lemon and ginger. If the syrup is not thick enough, take out the fruit and boil the syrup until sufficiently thick.

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#### **MANDARIN ORANGE PRESERVE.**—Mrs. Kittredge

Soak the oranges in water three or four days, changing the water night and morning. Then open the oranges at one end with a pointed silver knife and carefully remove the seeds without breaking the orange. Weigh the oranges, and add the weight and a half as much more in sugar. Melt the sugar, add the oranges, and let them boil half or three-quarters of an hour. Will keep without sealing.

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#### **CRANBERRY SAUCE.**—Mrs. P. C. Jones.

To 1 quart of berries add 1 pint of sugar, and  $\frac{1}{2}$  pint of water. Let this boil for ten minutes only.

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#### **PINEAPPLE JAM.**—Mrs. W. Whittington

4 lbs. pineapples weighed after peeling, coring and grinding in a meat-grinder, 2 oz. green ginger to the lb. Boil until well reduced, then add  $\frac{3}{4}$  lb. sugar to each lb., a little salt, and boil slowly until a dark amber color.

It must be well cooked and stirred while cooking.

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#### **GREEN GRAPE AND MULBERRY JAM.**—Ruth C. Shaw.

Pick over green grapes, wash. Boil slowly for 15 minutes. Drain through jelly bag. Pick over mulberries. To every cup of juice add 2 cups of mulberries, boil for 5 minutes. Measure, and add 1 cup sugar to every cup of fruit. Boil hard until it jellies.

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#### **GUAVA MARMALADE.**—Ruth C. Shaw.

Cut off ends of guavas, slice. Add a little water, cook until



tender, strain to remove the seeds. Add two-thirds cup sugar to every cup of juice. Boil fast until it thickens, stirring often.

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**POHA JAM.**—Ruth C. Shaw.

Pick over fruit, wash, measure. Boil slowly for about 15 minutes. Add  $\frac{3}{4}$  cup sugar to every cup of fruit. Boil fast until it jellies.

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**EUGENIA JELLY.**—Ruth C. Shaw.

Pick over fruit, wash. Boil for about 15 minutes, drain through jelly bag. Add 1 cup sugar to every cup of fruit juice. Boil hard until it jellies.

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**AFRICAN MANGOSTEEN AND PAPAIA JAM.**—Mrs. S. W. Wilcox.

Peel the mangosteens and chop the pulp fine. Add a little water and boil until soft. Peel and slice papaia and boil with a little water. Drain and strain the pulp through a sieve. Now combine the two mixtures half and half, add an equal quantity of brown sugar, and boil down.

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**ORANGE MARMALADE.**—Mrs. Hudsped.

3 Island oranges, squeeze the juice rejecting the seed and pith. Cut the rinds very thin. Add juice of 1 lemon or lime. Pour over the juice and rinds three pints of cold water, then stand in a cool place for 24 hours. Boil slowly  $\frac{3}{4}$  or 1 hour and add 3 lbs. of sugar and boil until it jellies.

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**STRAWBERRY JAM.**—Mrs. J. A. Hogg.

Hull and wash the strawberries, stew them without adding any water until tender. Measure, and to each  $1\frac{1}{2}$  cups strawberries add 1 cup sugar. Boil for 20 minutes.

**MANGO DRINK.**—Mrs. C. B. Hofgaard.

2 green mangoes, peeled, sliced and boiled in  $\frac{1}{2}$  cup water with  $\frac{1}{2}$  teaspoon cinnamon, until tender. Mash through sieve and add 2 glasses water and ice, or iced tea infused with few cloves. Serve ice cold. Enough for 1 quart.

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**CHINESE ORANGE MARMALADE.**—Mrs. McCully.

Squeeze the juice from the oranges with a lemon-squeezer, getting them as dry as possible. Free the juice from the seeds and set aside. Cut the orange skins into very thin strips (scissors are the best instrument for this). When they are all cut, put them into cold water over the fire, and as soon as they come to a boil pour the water off through a colander. Do this three times. After the water is poured off the last time, add the juice of the oranges to the skins, sweeten to taste and boil for an hour, or until it jells.

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**GUAVA MARMALADE.**—Mrs. W. Chamberlain.

Wash and cut the ends off the guavas, and boil till soft. When cool, strain through a sieve and add an equal quantity of sugar to the pulp. Cook from 1 to 2 hours, stirring constantly to prevent it from burning. If cooked thoroughly it can be kept a year.

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**DELICIOUS GREEN MANGO SAUCE.**—Mrs. Kittredge.

Take the fruit when fully grown, but quite hard and green; pare, and with a large grater grate the pulp from the seed. Then to a bowl of fruit add  $\frac{1}{2}$  bowl of sugar—more if you prefer. Put in a close container and stand in boiling water till the fruit is thoroughly cooked.

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**GRAPE SAUCE.**

Take Hawaiian grapes, wash them and pick from the stalk. Take two saucepans, squeeze the pulp into one, and put the

skins into the other. To every cup of grapes, add to the pulp a half cup of water, cook this for ten minutes. Pour through a strainer on to the skins. Cook until the skins are tender, about twenty minutes. Mix one teaspoon of cornstarch with a very little water. Stir into the grapes and cook for a few minutes, add half a cup of sugar and chill. Use for grape short-cake, or as a sauce, or serve with whipped cream, or pour over vanilla ice-cream, or mix with equal quantities of cream and freeze.

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### GUAVA JELLY.

To every lb of Guavas allow 1 cup of water, pick over cutting off the ends and slice roughly. Put in a large container with the water, boil quickly for half an hour stirring occasionally to keep from burning. Then remove from the fire and strain. Measure the juice, and put on the fire to boil. To every two cups of juice take one cup of sugar. Place the sugar in a warm place and when the juice has been boiling hard fifteen minutes, add the sugar and cook till it jells, watching carefully. Pour into sterilized jars and do not disturb till cold.

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### MANGO JELLY.—Mrs. Atherton.

Take a bucketful of green, full-grown mangoes; peel and slice them. Let stand in a porcelain kettle with the fruit just covered with water till morning, then boil 20 minutes. Drain off the liquor through a colander and put it right on the stove again to boil. In 10 minutes put in the sugar, nearly quantity for quantity, and boil 20 minutes or half an hour, till it jells. Put the pulp up hot in glass jars (filling them full) without adding sugar, and use it for making pies. It will keep, if the jars are well filled and sealed, for six months.

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### PRESERVED CITRON.—Mrs. F. S. Lyman, Hilo.

Cut the citron in quarters, remove the center and soak the rind in cold water 3 to 5 days, changing the water morning and evening; water enough to cover them well. On the sixth

day put them over the fire in cold water enough to cover them, and boil hard for 1 hour; turn off this water, pour on a fresh supply and boil again 1 hour. Take the peel out onto a colander to drain, and prepare a syrup as for any other preserve. When the syrup is well boiled down, put the peel in and boil for a good half hour. The next day lift out the citron, boil the syrup down once more and pour over the fruit; let this stand till next day; then spread the peel on pans in the sun to dry. Drying will take 2 or 3 days, when the peel can be put into wide-mouthed bottles and tightly corked. The syrup is excellent for cakes.

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**APPLE MERINGO.**—Mrs. T. S. Douglas.

Peel and slice the fruit, using a pound of sugar to a pound of fruit. Boil the cores and peelings for 15 minutes, and strain this water on to the apples and sugar. Let the whole boil slowly till quite thick; then put it into jars hot; cover, and tighten the covers when cold.

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**PINEAPPLE PRESERVE.**—Mrs. T. S. Douglas.

Pare and cut into small slices and weigh, allowing a pound of sugar to a pound of fruit. Put the sugar in the kettle with enough water to thoroughly moisten it, and let the syrup boil half an hour. Skim the syrup and put in the fruit, which must boil half an hour; then take it out and lay it on plates in the sun to dry. Let the syrup come to a good boil again; then put in the fruit and boil another half hour. Put the preserve hot into glass jars; cover, and tighten the covers when cold.

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**ORANGE MARMALADE.**—(Dundee).—Mrs. Edwin O. Hall.

Twelve sour oranges (not the little Chinese oranges, but the large fruit). Cut these in thin slices, rind and all, cover with 6 quarts of cold water and let it stand for 24 hours, then boil hard for 2 hours, add 8 lbs. of sugar, boil 1 hour. Just before taking from the fire add the juice of two lemons.

This is excellent, equal to the best imported Dundee marmalade.

### ISABELLE GRAPE MARMALADE.

Pulp the grapes, heat the pulp and put through colander. Put strained pulp in with skins and measure. Allow 2 cups of sugar to three cups of fruit. Boil 10 minutes and add sugar and boil until it jells.

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### ROSELLE MARMALADE.

Wash one quart of roselles and remove seed. Bring to boil one pound sugar and half pint water, then put in the fruit. Boil ten minutes, strain through colander, and pour into moulds or small glasses.

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## PICKLES

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### PICKLED FIGS.—Mrs. Clara A. Banning.

Two pounds sugar, 2 pints vinegar, boiled together with a handful of whole cloves, some stick cinnamon and a tablespoon-full whole black peppers. Wash the figs clean, put them in and then boil till thoroughly done. Take them out and boil the liquid down to a syrup, and then pour it over the fruit.

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### CHOPPED GREEN TOMATOES.—Mrs. P. C. Jones.

Two quarts chopped tomatoes,  $2\frac{1}{2}$  large peppers and 3 onions, all chopped fine, and  $\frac{1}{2}$  cup salt. Let this stand all night. In the morning drain well, then mix 2 tablespoonfuls of mustard,  $\frac{1}{2}$  of cloves, 1 of allspice,  $\frac{1}{2}$  of black pepper,  $\frac{1}{2}$  cup of sugar; add to the tomatoes and cover with strong vinegar, and boil until the tomatoes are soft and clear.

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### PINEAPPLE PICKLES.—Mrs. P. C. Jones.

To 14 pounds of fruit cut in slices or small pieces add 5 pounds of brown sugar and 5 pints of vinegar, as many

cloves as you can hold in the palm of your hand, and as many peppercorns, stick cinnamon, broken in small bits. Let the sugar, vinegar and spices boil 10 minutes before adding the fruit. Let all boil together until the fruit is tender and well seasoned; then remove the fruit and let the syrup boil 5 or 10 minutes longer. The liquor from this is excellent to add to mince meat.

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### **CUCUMBER PICKLES.**—Mrs. John Wilder.

Peel the cucumbers (the large old ones are the best), cut them in halves, put them in strong salt and water. Let them stay in the salt and water over night. Prepare the vinegar by putting a pint of sugar to a quart of vinegar. Spice to taste. Scald the vinegar two or three times; pour it over them, and let them stand for 2 or 3 weeks.

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### **PICKLED MANGOES.**—Mrs. C. C. Armstrong.

Select hard, almost green mangoes; perforate the skin with a penknife; then take 1 pound of sugar, 20 pounds fruit, 1 cup vinegar, cloves, mace, cinnamon, etc. Boil the fruit in the syrup a long time, or until the syrup is the required thickness.

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### **TOMATO CATSUP.**—Mrs. P. C. Jones.

One tin of tomatoes, 1 gill of vinegar or 8 tablespoonfuls, 3 teaspoonfuls of sugar,  $1\frac{1}{2}$  of salt, 1 of cinnamon,  $\frac{1}{4}$  of cloves, pepper to taste. Heat tomatoes, strain through strainer; then add all ingredients. Boil to a consistency that will pour from bottle. Put in sterile bottles and cork tightly and keep on a dark shelf.

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### **TOMATO CHUTNEY.**—(Indian Recipe).—Mr. F. W. Damon.

Two pounds apples, mangoes or tomatoes,  $\frac{1}{2}$  pound green ginger, 2 pounds raisins,  $\frac{1}{2}$  pound salt,  $\frac{1}{2}$  garlic, 1 pound almonds, 2 pounds sugar, 5 teaspoonfuls chilis, 2 tablespoonfuls vinegar. Cook in a double boiler or in the fireless cooker until the proper consistency. Bottle and seal tightly.



**TAMARIND CHUTNEY.**—(Indian Recipe)—Mrs. F. W. Damon.

One-half pound tamarinds,  $\frac{1}{2}$  pound dates,  $\frac{1}{2}$  pound green ginger,  $\frac{1}{2}$  pound raisins,  $\frac{1}{2}$  pound onions,  $\frac{1}{4}$  pound chilis, 4 tablespoonfuls brown sugar, 2 tablespoonfuls salt. Pound all with vinegar and rub through a sieve. Bottle and cork.

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**PINEAPPLE VINEGAR**—Emily L. Ladd.

Wash and cut up one pineapple with one dozen vis. Add 1 cup honey and 4 qts. water. Cover with clean cloth. Let it stand in a warm place. In three weeks strain and store in bottles.

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**PICKLED PINEAPPLE.**—Mrs. Hopwood.

1 measure vinegar, 3 measures brown sugar, few cloves, boil together. Add 4 measures pineapple cut in small pieces, and boil fruit till golden yellow. Boil syrup longer if desired.

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**PICKLED ONIONS.**—Mrs. S. W. Wilcox.

Peal and wash the small Hawaiian onions. Pack them in salt over night. In the morning wash and dry them, and put into bottles with a few small, red peppers, whole cloves, and pepper corn. Take 1 qt. vinegar and 1 cup brown sugar, bring to the boiling point, and pour immediately over the bottled onions. Let cool and seal.

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**DON'TS FOR MOTHERS.**

Dont try to do two days' work in one; and, in your home-making, beware lest you become a veritable fiend of neatness.

If work you must, simplify your duties so that they will not prove a weariness to the flesh. Never stand when you can sit down. When waiting at the counter for change, why neglect the stool close at hand? It is only a matter of five minutes, perhaps, but it may be five minutes too long, and then how your poor, tired back rebels!

Don't save horse-car fare for the sake of taking home a pound box of candy. It is a foolish woman who will squander her pennies on trash, and then walk her legs nearly off to make up the deficit.

Don't try to do without your roll and coffee or glass of milk when the luncheon hour arrives, no matter how long and discouraging your shopping list may be.

In short, strive not to be an amateur in the art of caring for yourself, but in the details of life look well to it that they are made subservant to your womanly needs.

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## SUNDRIES

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### PAPAIA COCKTAILS.

Scrape a ripe papaia, add lemon juice, or the juice of Chinese oranges, sweeten to taste; set it in the ice chest till chilled then add to each cup of the mixture chopped ice and serve at once. (This is a nice appetiser with which to begin lunch or dinner. It is also a very refreshing relish to offer a tired friend on a hot day.)

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### ALLIGATOR PEAR COCKTAIL.

Cut the pulp of a ripe but firm pear into dice, season with cocktail catsup, lemon juice and salt, add a little ice water and bits of chopped ice, and serve in small cups or glasses.

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### LEMON SQUASH.—Mrs. Donald MacIntyre.

Four lemons, 6 lbs. sugar, 3 oz. citric acid, 12 breakfast cups of water. Peel very thinly the rind of the lemons, remove the white skin, cut up the lemons, throwing away all seeds, and boil with the sugar and water for three hours. It should then be thick and clear; strain and when nearly cold add the citric acid, stir till dissolved, bottle and cork tightly. A tablespoon to a glass of water makes a delicious drink.

## CONFECTIONERY

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### COCOANUT CANDY.—Mrs. P. C. Jones.

Take 4 cocoanuts, remove the brown skin and chop the meat fine. To 1 bowl of cocoanut add 1 bowl of sugar, (the moist brown sugar is best, add a half cup of molasses if this sugar cannot be obtained.) Add a little water to the sugar, only enough to melt or partially dissolve the sugar, let it boil up well then add the cocoanut. Boil slowly until the cocoanut is well soaked in the sugar. Take out a little into a bowl, beat it a few minutes, and drop on well buttered paper. If it spreads out thin and watery it is not done. If it is done, it will keep its shape and harden into a cake. Do not try to drop from the kettle, but stir a little at a time in a bowl. The kettle should be set back on the stove where it can simmer gently while the dropping process goes on. The longer it simmers the richer it grows. This is an old standard recipe.

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### VINEGAR CANDY.—Mrs. Edwin O. Hall.

Two cups of sugar,  $\frac{3}{4}$  of a cup of vinegar,  $\frac{1}{4}$  of a cup of water, butter the size of a walnut. Boil till it becomes brittle when dropped into cold water, then pour out on a buttered platter; when cool pull it like old-fashioned molasses candy.

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### PEPPERMINT DROPS.—Mrs. Edwin O. Hall.

One-quarter cup of milk heated with a small piece of butter. Stir into the milk powdered sugar until the whole is stiff enough to knead like dough. Place this mass on a board and knead into it a few drops of peppermint oil. Make round flat drops and lay them on waxed paper to harden.

A nice variation of this recipe is made by dipping these drops in melted chocolate.

## A HAWAIIAN FEAST

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### "AHAAINA," OR MORE COMMONLY CALLED "LUAU."

Mrs. Brickwood and Daughters.

Preparation.—If out in the yard under trees or under an awning, strew the straw or rushes over the place intended for the feast; then spread your mats, ti leaves or la'i in the place of a tablecloth; then ferns on top of that, and then plates, calabashes (wooden bowls) or bowls of poi, and pig, turkey, chicken, raw fish, cooked fish, crabs and limu prepared in various ways.

How the Pig is Prepared and Cooked.—Kill and clean as usual, cut open, then cut under the fore shoulder. In the meantime have your furnace or imu ready and stones heated; take some of the heated stones and put inside the pig (if you wish to stuff, put luau inside); spread ti leaves on the imu and banana leaves on the top of that, and then the pig; cover with the same kind of leaves as are under it; spread over all old mat and then soil. Bake about two hours.

How to Prepare and Cook Salt Pork, Beef, Turkey and Chicken, together or separate.—Heat banana leaves and slice your meat and put into the leaves, with a little salt sprinkled over it and a little water. If you wish to put luau in with it, put a hot stone in the inside and tie up with ti leaves and put on the furnace. It can be cooked in the same furnace as the pig. Taro can also be cooked in the same place. First scrape the outside off, split in two and place on the fire. When cooked it is called "Kalo papaa," or baked taro.

Luau is the taro tops (or leaves) of three kinds of taro—the Haokea, Lauhoa and Apuwai. The young and new leaves are used for eating; the old leaves are sometimes used for wrapping in place of ti leaves or banana leaves.

Cooked or Lawalu Fish.—Take an anae, kuma, weke or any other kind of fish; clean as you would for boiling; take eight or ten ti leaves, sprinkle a little salt, then lay on your fish and wrap your leaves well round it, and put on coals to cook, turning over now and again till cooked. Salt salmon is sometimes

cooked in the same way, having first washed off the salt ; or it is baked underground.

Kaihelo, or Fish Sauce.—Grate a cocoanut, then take shrimps, sprinkle a little salt on them, pound or bruise them, put in a muslin cloth, and squeeze the juice over the grated cocoanut.

Baked Hee, or Squid.—First pound with a little salt till it shrivels, then rinse out in water and put into banana leaves with ti leaves outside ; then bake as the pig.

Wana, or Sea Eggs.—Take the tongues of the wana and put into a large shell and cook on coals.

Roast Kukui Nuts.—Roast your nuts on a slow fire or hot ashes, then when cooked break the shells and pound the meat into small pieces, mixing with a little salt.

Limu, or Sea-weed.—Huluhuluwaena, Lipoa, Limu, Eleele, Limu Kala, Limu Kohu.

## PUDDINGS.

Kulolo.—Grate cocoanut and strain, mix with grated taro, add a little water, about a pint of water to a quart of cocoanut juice. A little sugar is sometimes used. Use 2 taro roots to 5 cocoanuts ; put into ti leaves, banana leaves or tin ; then bake underground.

Koele Palau.—Sweet potatoes, boiled or baked underground, pounded or mashed ; then mix while hot with the juice of some grated cocoanut, and then it is ready for eating.

Piepiele.—Grate the raw sweet potato and add the juice of grated cocoanut, and put into leaves and cook as "Kulolo."

Haupia.—Mix pia or arrowroot with the juice of grated cocoanut. Heat some of the juice and add to the rest, and stir till cooked, as you would "Blanc Mange."

Papaiee.—Take ripe breadfruit, scrape the inside and mix with a little cocoanut juice, or without ; stir till well mixed and put into ti leaves as "Kulolo."

Banana Pudding.—Grate the cocoanut as for Kulolo, put in the banana and mix, adding a little pia or arrowroot. When mixed put into banana leaves and ti leaves and bake.

## KULOLO, SOMETHING GOOD.

Six cups taro flour, 4 cups cocoanut milk, 4 tablespoonfuls

sugar; grate fine the meat of 2 cocoanuts and mix all together well, put in a deep dish well buttered and bake 1 hour in a moderate oven; eaten warm or cold it is excellent and cannot be beat.

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**POI LUNCHEON COOKED OVER AN ORDINARY FIRE OR WITH A FIRELESS COOKER.**—Mrs. Joseph Emerson.

Table Arrangement.—Cover the tablecloth with ferns. At each place put a bowl of poi, salt dish or shell containing kukui nut or inamona, a small side plate with native salt, a few cooked shrimps, native onions, radishes and chili peppers. One can buy the cooked kukui nuts or inamona in the market. Crack the shells open and take out the kernel. Pound this with Hawaiian salt in a wooden dish or mortar. The Kauai red salt can be bought at the market by asking for paakai ulaula o Kauai.

First Course.—Lomi lomi salmon. A salmon belly, tomatoes, 1 bunch onions. Soak salmon over night, pick it to pieces, removing all the white membrane, cut onion small, slice tomatoes (remove skin) add 4 whole chili peppers, mix all thoroughly and put on ice. Serve in a large glass dish with a lump of ice on top.

Second Course.—Mullet or 'kumu, get small ones if possible, clean, sprinkle with coarse Hawaiian salt, tie up in ti leaves and broil. If not too large serve one to each person.

Third Course.—Chicken, luau, sweet potatoes.

For this purpose an old bird is just as good as a young one, have it cut in pieces, scald the luau and have the potatoes well scrubbed. Take an agate bowl that will fit a steamer or fireless cooker container, and line it with banana leaves, then ti leaves, pack tight into the chicken, scalded luau and fill up any vacancies with sweet potatoes, scatter in coarse Hawaiian salt, cover all well with ti leaves and then with about four thicknesses of banana leaves, over all put a folded cloth then the cover of the steamer. Fasten securely so to prevent any steam escaping, and do not open until ready to serve. Cook for four or five hours.

Put by each guest a few cooked shrimps, radishes, Hawaiian



salt, chilis and native onions, poi and inamona, all of which are procurable at the fish market.

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## PROVISIONS FOR ENTERTAINMENTS

Allow a pound of butter for every twenty-five people, two pounds of boiled ham for sandwiches, one pound of coffee, one-half pound of loaf sugar, one quart of cream, and three or four cakes. • One quart of ice cream in bulk will serve seven or eight, in bricks it may be stretched to ten unless ice cream and cake are the only refreshments. Usually a quart of pickles and one of olives are sufficient for such a company. A quart of salad will serve twelve.

For punch to serve a reception to fifty persons, use three dozen lemons, or two and a half dozen lemons and a dozen oranges, three bananas, one can grated pineapple, one can sliced pineapple, one quart of blackberry or other fruit juice and five pounds of sugar.

When the refreshments are limited to one or two articles, a greater quantity of each must, of course be provided.

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## EVENING OR WEDDING SUPPER SERVED BUFFET STYLE.

Menu including a salad.

One quart of salad should serve five persons, and fifty persons will be amply supplied by 10 quarts.

Allowing two rolls or biscuits for each person provide nine dozen for fifty guests, and two pounds of butter to be made into small pats.

To make good coffee allow  $2\frac{1}{2}$  pounds of ready ground high grade coffee. For hot cocoa or chocolate allow one pound of cocoa to ten quarts of liquid milk, or milk and water mixed. Provide about one-hundred and fifty lumps of sugar for the beverage.

Ice-cream, either brick or bulk, should be ordered or made to provide for eight servings to each quart. About eight quarts will be sufficient. If a fresh fruit or syrup sauce is served with the cream one quart will make ten servings.

As for the cakes, four average-sized loaf cakes will usually serve fifty, as each cake can be cut in ten or twelve slices. If small cakes are served allow two for each guest.

Punch, to be served from a bowl during a reception should be provided in eight or ten quart quantities.

In serving meats, one-third of a pound per person is allowed in purchasing raw meat, and if poultry is to be roasted the allowance is one-half pound each. If meat or poultry is made into a pie the amount for each guest is reduced to one-fourth pound.

In serving canned fruit, two pieces or slices is allowed to each serving.

A pie should furnish eight pieces and a medium-sized cake can be counted on for ten slices.

For baked custards, puddings or molded desserts or salads the usual estimate is one-half pint to each serving.

### **CURRY LUNCHEON.**—Mrs. Gartley.

This luncheon is essentially Hawaiian, easy to serve and especially appropriate for visitors from the mainland.

First Course.—Tomato salad.

Second Course.—Curry, with rice and accompaniments. Fruit sherbet, coffee, cake.

The tomatoes should be large red ones. Scald and remove skin, scoop out the center and set on ice. Just before serving, set on a lettuce leaf and fill with the following mixture: Chopped Hawaiian celery, a little sweet pickle, a few walnuts, a little onion juice mixed with a good mayonnaise.

The curry can be fish, lobster, chicken, rabbit, lamb or mutton. A good curry sauce will be found on page (?). The accompaniments are steamed rice, served in a separate dish, and the following five served in the Chinese dish made specially for the purpose: Guava jelly or quartered limes, chopped hard-boiled eggs, chutney, chopped peanuts, fresh grated cocoanut.

The fruit sherbet should be made from any Hawaiian fruit in season: Grape, sour-sop, guava, roselle, papaia, mango, orange, fig, strawberry, pineapple or banana.

## INVALID COOKERY

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### BURNT FLOUR CUSTARD.—Mrs. R. Lewers.

One pint milk, 1 egg well beaten, 4 lumps of cube sugar, 1 pinch of salt, 1 tablespoon of burnt flour. Boil the milk; wet the flour with cold milk and the egg; stir into the boiling milk and strain. Excellent for the sick.

We have given this to young babies, leaving out the egg and using two-thirds water and one-third milk, with excellent results in bowel trouble. The flour should be browned in an iron pan.—Ed.

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### BEEF TEA.—Mrs. W. F. Allen.

Cut any desired quantity of beef into small slices and put (without water) into a double boiler, and let it cook an hour and a half, or until juice is extracted, but no longer, as it spoils the flavor. When done, strain, add salt and set away to cool. When cool so that the pot has hardened, strain through a cloth. Keep on ice for use when needed.

Another.—A quicker way and a more nourishing beef tea is made by pressing the meat juice in a press made for that purpose. Cut from a good steak pieces two or three inches square; put them on a gridiron and partly cook them on both sides. Have the press hot (and also a cup to hold the juice), and put in what it will hold, turning it until the meat is quite dry; then empty and fill again until you have what is needed to take at once. Meat presses for this purpose can be had at Lewers & Cooke's and Dimond's. The one with the iron cup preferred.

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### CHICKEN BROTH.—Mrs. W. F. Allen.

Take a plump fowl (not less than a year old), have it dressed and divided. Pound it to crush all the bones, put in a saucepan and cover with cold water. Let it cook very slowly until the meat is in shreds, then season with salt (and a few white peppers if liked; peppers if used should be cooked with the chicken), and strain. Remove the fat as well as possible, then

set away to cool. Put on ice until it jellies, when any remaining fat can be easily removed. When part is needed heat it and add a little boiled rice or toasted bread. Some sick people like the jelly.

**Raw Beef.**—For serious cases of stomach trouble. Take a piece of tenderloin or good steak, and with a knife scrape the soft meat from the fibre, season with salt and pepper, and spread between two very thin slices of bread like a sandwich. Meat prepared this way and lightly broiled is very delicate for a sick person.

**Sago Gruel.**—For a small bowl of gruel take a heaping tablespoonful of sago, wash in a little water, but do not let it soak; put it into a procelain-lined saucepan with a pint of cold milk and let it cook until the milk is thickened and the sago soft, perhaps ten or fifteen minutes. Excellent in bowel troubles.

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### RAW BEEF TEA.

To half a pound of raw beef, free from fat, and finely minced, add 10 grains of pepsin and 2 drops of hydrochloric acid. Put in a large tumbler and cover with cold water. Let it stand for 2 hours in a temperature of 90°, being frequently stirred. Strain and serve in a red glass, ice cold. Peptonized food does not keep well, and should never be used more than twelve hours old. Preparations of beef which have been peptonized, or partially digested outside of the body, are far superior to beef tea. Beef tea is, however, much used, and would probably be preferable where ice is out of the question.

Peptonized foods can only be used where ice is obtainable. Make it only in small quantities.—Ed.

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### KOUMYSS.

Dissolve a third of a cake of compressed yeast, or its equivalent in fluid yeast, in a little warm, not hot, water; take a quart of milk fresh from the cow, or warmed to about blood heat, and add to it a tablespoonful of sugar and the dissolved yeast. Put the mixture in bottles with patent stoppers; fill to the neck and let them stand for twelve hours where you would put bread to rise; that is, at a temperature of 68° to 70°.

Then put the bottles, upside down, on the ice until wanted. This is nutritious and somewhat stimulant. It is very valuable and will sometimes be assimilated when nothing else can be retained. Each quart is said to contain 4 ounces of solid food.

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### TOAST WATER.

Toast 3 slices of stale bread a very dark brown, but do not burn. Put into a pitcher and pour over them a quart of boiling water; cover closely and let it stand on the ice to cool. Strain. It is good for nausea from diarrhoea.

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### APPLE WATER.

Slice into a pitcher half a dozen juicy sour apples. Add a tablespoonful of sugar and pour over a quart of boiling water; cover closely until cold, then strain. This is slightly laxative.

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### FLAXSEED LEMONADE.

Into a pint of hot water put two tablespoonfuls of sugar and three of whole flaxseed. Steep for an hour, then strain and add the juice of a lemon. Cool on the ice.

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### CRUST COFFEE.

Take a pint of crusts; those from Indian bread are best; brown well in a quick oven, but do not let them burn. Pour over them three points of boiling water; steep for ten minutes. Serve with cream.

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### LEMONADE WITH EGG.

Beat one egg with two tablespoonfuls of sugar until very light; stir in three tablespoonfuls of cold water and the juice of a small lemon. Fill the glass with pounded ice and drink through a straw.

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### EGG BROTH.

Beat together one egg and half a teaspoonful of sugar till

very light, and pour on a pint of boiling water, stirring well to prevent curdling. Add salt and serve hot.

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### **HOT MILK AND WATER.**

Boiling water and fresh milk in equal parts compose a drink highly recommended in cases of exhaustion, as it is quickly absorbed into the system with very little digestive effort. This is also true of the egg broth.

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### **CHICKEN CREAM.**

Take half the breast of a chicken, cut it very fine, then pound it in a mortar. Put a small teacupful of milk into a saucepan and heat it; then add the pounded chicken by degrees, stirring all the time till it is the consistency of thick soup. Put in a pinch of salt and pepper, one or two table-spoonfuls of cream, according to taste. Serve hot. This may be made with beef, mutton or veal, but the meat must always be thoroughly pounded first, and any fat removed.





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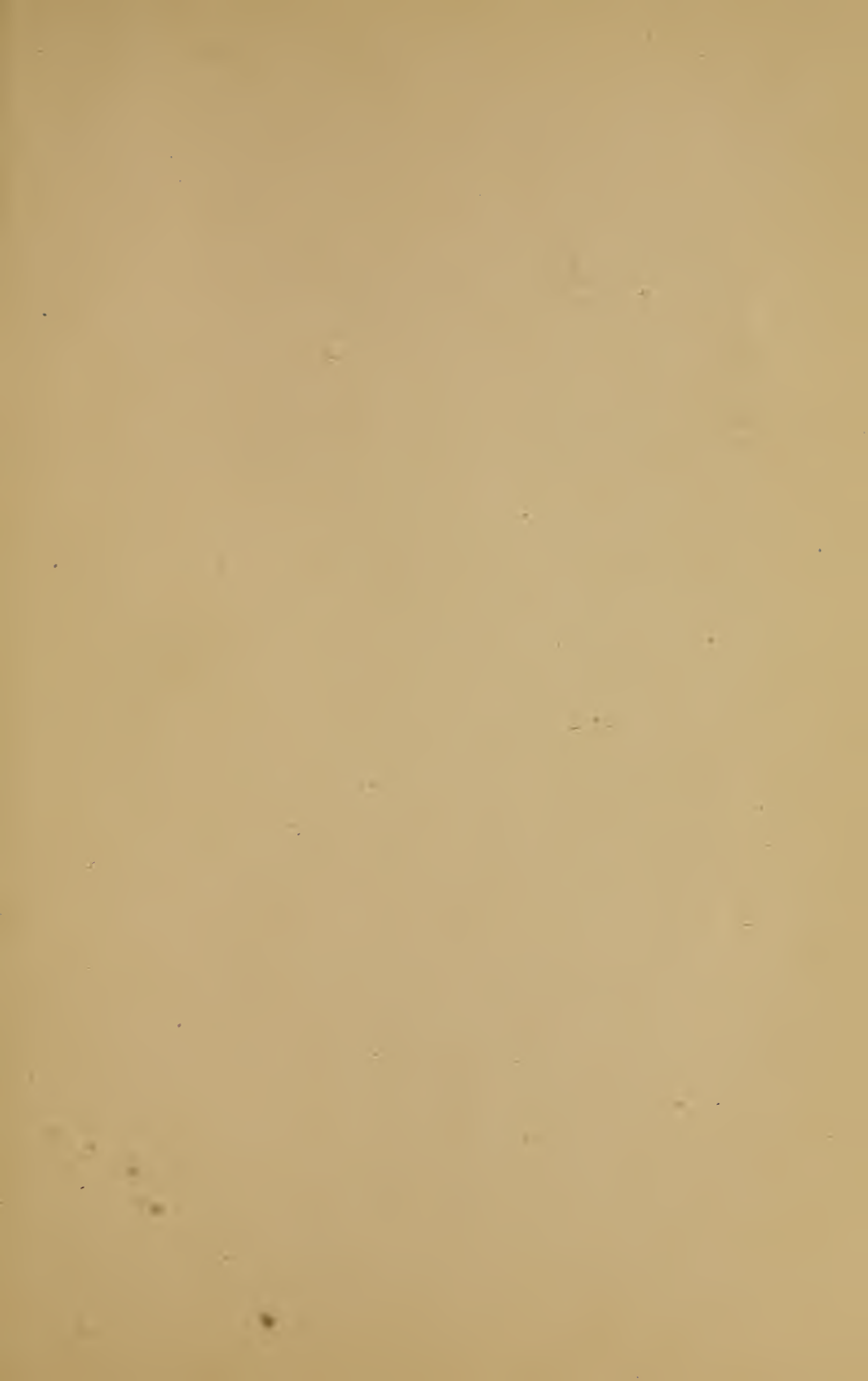
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